## Wadsworth YMCA

Summer (06/09-08/24)

Sports & Youth Programs

#### **Arts & Crafts**

This parent-child class will enable you to enjoy arts and crafts experiences without a mess at home and with a guide! Bring a "paint shirt" to class each week and come excited to make fun arts and crafts with your child, helping him/her learn scissor skills as well as many other fine motor skills each week! Each class will include a story that relates to the craft and all supplies.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 12:00 - 12:45 pm SUMMER 1	1-5	\$35.00/\$55.00
Summer	Tuesday 12:00 - 12:45 pm SUMMER 2	2 1-5	\$35.00/\$55.00
*Summer	1 (6/11-7/9); Summer 2 (7/23-8/20)		

#### Basketball Clinic

The basketball clinic will focus on the fundamentals of basketball through drills, games, and activities that will help your child become a better basketball player.

Ses	Days & Times	Ages	Mem/Program
Summer	Wed. 6:30 - 7:15 pm SUMMER 1	9-12	\$35.00/\$55.00
Summer	Wed. 6:30 - 7:15 pm SUMMER 2	9-12	\$35.00/\$55.00

<sup>\*</sup>Summer 1 (6/12-7/10); Summer 2 (7/24-8/21)

### Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 5:00 - 5:45 pm SUMMER 1	3-5	\$35.00/\$55.00
Summer	Monday 5:00 - 5:45 pm SUMMER 2	3-5	\$35.00/\$55.00
Summer	Thursday 6:30 - 7:15pm SUMMER 1	3-5	\$35.00/\$55.00
Summer	Thursday 6:30 - 7:15pm SUMMER 2	3-5	\$35.00/\$55.00
Summer	Friday 12:00 - 12:45 pm SUMMER 1	3-5	\$35.00/\$55.00
Summer	Friday 12:00 - 12:45 pm SUMMER 2	3-5	\$35.00/\$55.00

<sup>\*</sup>Summer 1 (6/10-7/12, no class on 7/4 - TH class will end 7/18); Summer 2 (7/22-8/23)

#### **Gymnastics - Wee Tumblers**

Parent and child interactive class with an open-gym style organization. Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:00 - 6:45 pm SUMMER 1	1-3	\$35.00/\$55.00
Summer	Monday 6:00 - 6:45 pm SUMMER 2	1-3	\$35.00/\$55.00
Summer	Thursday 5:30 - 6:15 pm SUMMER 1	1-3	\$35.00/\$55.00
Summer	Thursday 5:30 - 6:15 pm SUMMER 2	1-3	\$35.00/\$55.00
Summer	Friday 1:00 - 1:45 pm SUMMER 1	1-3	\$35.00/\$55.00
Summer	Friday 1:00 - 1:45 pm SUMMER 2	1-3	\$35.00/\$55.00

<sup>\*</sup>Summer 1 (6/10-7/12, no class on 7/4 - TH class will end 7/18); Summer 2 (7/22-8/23)

## Kid's Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Ses	Days & Times	Ages	Mem/Program
Summer	Thursday 7:30 - 8:15 pm SUMMER 1	9-12	\$35.00/\$55.00
Summer	Thursday 7:30 - 8:15 pm SUMMER 2	9-12	\$35.00/\$55.00
*Summer 1 (6/13-7/18, no class on 7/4); Summer 2 (7/25-8/22)			

#### Kid's Strength & Conditioning

Kid's Strength & Conditioning will focus on improving participants body strength, help fitness and conditioning levels, and improve muscle mass. Fundamentals will be taught to develop better posture, speed and overall strength.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:30 - 6:15 pm SUMMER 1	8-12	\$20.00/\$35.00
Summer	Tuesday 5:30 - 6:15 pm SUMMER 2	8-12	\$20.00/\$35.00
*Summer 1 (6/11-7/16, no class on 6/18); Summer 2 (7/23-8/20)			

#### Little Dribblers

The Little Dribblers class will teach the basic fundamentals of basketball: dribbling, shooting, passing and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:00 - 6:45 SUMMER 1	3-5	\$35.00/\$55.00
Summer	Monday 6:00 - 6:45 pm SUMMER 2	3-5	\$35.00/\$55.00
*Summer 1 (6/10-7/8); Summer 2 (7/22-8/19); Parent participation may be required for			

#### Pickleball 101

some students.

Pickleball 101 will teach participants the basic skills and knowledge to move forward with confidence in this rapidly growing sport! Pickleball paddles will be provided.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:00 - 6:45 pm SUMMER 1	8-12	\$35.00/\$55.00
*Summer	1 (6/10-7/8): Summer 2 (7/22-8/19)		

#### Running Club

Are you bored with your running routine? Join us for some specific sports drills and fun-filled running. Whether you are a novice or an expert runner, come prepared to sweat.

Ses	Days & Times	Ages	Mem/Program
Summer	Thursday 5:30 - 6:15pm SUMMER 1	8-12	\$20.00/\$35.00
Summer	Thursday 5:30 - 6:15pm SUMMER 2	8-12	\$20.00/\$35.00
*Summer 1 (6/13-7/18, no class on 7/4); Summer 2 (7/25-8/22); Class will be held			

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## Sporties For Shorties (ages 3-5)

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 7:00 - 7:45 pm SUMMER 1	3-5	\$35.00/\$55.00
Summer	Monday 7:00 - 7:45 pm SUMMER 2	3-5	\$35.00/\$55.00
Summer	Thursday 6:30 - 7:15 pm SUMMER 1	3-5	\$35.00/\$55.00
Summer	Thursday 6:30 - 7:15 pm SUMMER 2	3-5	\$35.00/\$55.00
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<sup>\*</sup>Summer 1 (6/10-7/11, no class on 7/4 - TH class will end 7/18); Summer 2 (7/22-8/22); Parent/child

#### Youth Basketball

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Summer	Wed. 5:30 - 6:15 pm SUMMER 1	6-8	\$35.00/\$55.00
Summer	Wed. 5:30 - 6:15 pm SUMMER 2	6-8	\$35.00/\$55.00

<sup>\*</sup>Summer 1 (6/12-7/10); Summer 2 (7/24-8/21)