



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Wadsworth YMCA

Spring (04/20-06/02)

## 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
Spring	Tuesday 9:30 - 10:15 am	1-5	\$30.00/\$60.00

### 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
Spring	Tuesday 7:00 - 7:45 pm	9-12	\$50.00/\$80.00

### Beginner Volleyball

Come practice some gross motor skills, move around, learn the very basics of volleyball, and most of all have fun!

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 5:30 - 6:15 pm	5-8	\$50.00/\$80.00

### Cheerleading

Show us your spirit! This program will teach the basics of cheer. Incorporating elements of dance, basic movements and learning small routines.

Ses	Days & Times	Ages	Mem/Program
Spring	Thursday 5:30 - 6:15 pm	7-12	\$50.00/\$80.00

### Creative Movement

Creative movement is a fun class filled with fun music and continuous movement! Sing, march and jump!

Ses	Days & Times	Ages	Mem/Program
Spring	Friday 10:30 - 11:15 am	2-5	\$50.00/\$80.00

*\*New East Room Policy: Parents may be present in room during the last 5-10 minutes*

### Discovering Art

Children will learn and practice basic art skills related to a variety of artists. Artwork will be taken home with them each week.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:30 - 6:15 pm	6-12	\$30.00/\$60.00

### 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
Spring	Monday 6:00 - 6:45 pm	3-5	\$50.00/\$80.00
Spring	Thursday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00

### 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
Spring	Monday 7:00 - 7:45 pm	1-3	\$50.00/\$80.00
Spring	Wednesday 6:00 - 6:45 pm	1-3	\$50.00/\$80.00
Spring	Friday 9:30 - 10:15 am	1-3	\$50.00/\$80.00

### 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
Spring	Thursday 7:30 - 8:15 pm	9-12	\$30.00/\$60.00

### 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
Spring	Monday 5:30 - 6:15 pm	8-12	\$30.00/\$60.00

### Kid's Stretch & Relax

Kids learn to stretch and release tension in a fun and safe environment. We will meditate, balance, breathe, and build strength using yoga type poses.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:30 - 6:15 pm	7-12	\$30.00/\$60.00

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### 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
Spring	Tuesday 5:00 - 5:45 pm	3-5	\$50.00/\$80.00
Spring	Thursday 5:30 - 6:15 pm	3-5	\$50.00/\$80.00

*Parent participation may be required for some students.*

### Pickleball 101

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
Spring	Monday 7:00 - 7:45 pm	8-12	\$50.00/\$80.00

### 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
Spring	Thursday 7:00 - 7:45 pm	8-12	\$30.00/\$60.00

### 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
Spring	Monday 6:00 - 6:45 pm	3-5	\$50.00/\$80.00
Spring	Thursday 6:00 - 6:45 pm	3-5	\$50.00/\$80.00

### Volleyball Class

Developmental class that allows all skill levels to learn the game of volleyball. This class works on fundamentals, rules, and games for athletes to grow in the game of volleyball.

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 6:30 - 7:15 pm	7-12	\$50.00/\$80.00

### 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
Spring	Tuesday 6:00 - 6:45 pm	6-8	\$50.00/\$80.00

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