



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Summer (06/02-08/18)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 8:30 - 9:00	Max 3	\$22.00/\$44.00

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 11:30am - 12:00 pm	Max 3	\$22.00/\$44.00

Preschool Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:00 - 5:45 pm	3-5	\$30.00/\$60.00
Summer	Saturday 9:50 - 10:35 am	3-5	\$30.00/\$60.00

Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:00 - 5:45 pm	3-5	\$30.00/\$60.00
Summer	Saturday 9:00 - 9:45 am	3-5	\$30.00/\$60.00

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:50 - 6:35 pm	3-5	\$30.00/\$60.00
Summer	Saturday 9:50 - 10:35 am	3-5	\$30.00/\$60.00

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:00 - 5:45 pm	6-12	\$30.00/\$60.00
Summer	Tuesday 6:40 - 7:25 pm	6-12	\$30.00/\$60.00
Summer	Saturday 9:00 - 9:45 am	6-12	\$30.00/\$60.00

Youth Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:50 - 6:35 pm	6-12	\$30.00/\$60.00
Summer	Saturday 9:50 - 10:35 am	6-12	\$30.00/\$60.00

Youth Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:50 - 6:35 pm	6-12	\$30.00/\$60.00
Summer	Saturday 9:00 - 9:45 am	6-12	\$30.00/\$60.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 6:40 - 7:25 pm	5-12	\$30.00/\$60.00
Summer	Saturday 10:40 - 11:25 am	6-12	\$30.00/\$60.00

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 6:40 - 7:25 pm	5-12	\$30.00/\$60.00
Summer	Saturday 10:40 - 11:25 am	5-12	\$30.00/\$60.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Summer (06/02-08/18)

Aquatics

Youth Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 10:40 - 11:25 am	6-12	\$30.00/\$60.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 6:40 - 7:25 pm	14-99	\$30.00/\$60.00
Summer	Saturday 10:40-11:25 am	13-99	\$30.00/\$60.00

Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages	Mem/Program
Summer	Private Swim Lessons June Sign Up		\$110.00/\$135.00
Summer	Private Swim Lessons July Sign Up		\$110.00/\$135.00
Summer	Private Swim Lessons August Sign Up		\$110.00/\$135.00

Aqua Stretch & Tone

Our Aqua Stretch & Tone class provides a guided lesson in Yoga held in a warm water pool. This is a low impact class that focuses on stretching and relaxation.

Ses	Days & Times	Ages	Mem/Program
Summer	Tue, Thur 7:00-7:45am	16-99	\$10.00/\$36.00
Summer	Tue, Thur 7:00-7:45am	16-99	\$10.00/\$36.00
Summer	Mon, Wed 4:30-5:15pm	16-99	\$11.00/\$38.00
Summer	Mon, Wed 4:30-5:15pm	16-99	\$11.00/\$38.00

Warm Water Arthritis Class

A low-intensity, low impact, exercise class designed to ease the effects of arthritis, back pain, joint problems, MS, soft tissue injury, cardiac issues and obesity. This class will be held in the warm water therapy pool and is not recommended for those with high blood pressure.

Ses	Days & Times	Ages	Mem/Program
Summer	Mon, Wed, Fri 10:45 - 11:30 am	18-99	\$15.00/\$54.00
Summer	Mon, Wed, Fri 10:45 - 11:30 am	18-99	\$15.00/\$54.00
Summer	Mon, Wed, Fri 11:30 - 12:15 pm	18-99	\$15.00/\$54.00
Summer	Mon, Wed, Fri 11:30 - 12:15 pm	18-99	\$15.00/\$54.00
Summer	Mon, Wed, Fri 4:45 - 5:30 pm	18-99	\$15.00/\$54.00
Summer	Mon, Wed, Fri 4:45 - 5:30 pm	18-99	\$15.00/\$54.00
Summer	Mon, Wed, Fri 5:30 - 6:15 pmw	18-99	\$15.00/\$54.00
Summer	Mon, Wed, Fri 5:30 - 6:15 pmw	18-99	\$15.00/\$54.00
Summer	Tue, Thu 10:45 - 11:30 am	18-99	\$11.00/\$36.00
Summer	Tue, Thu 10:45 - 11:30 am	18-99	\$11.00/\$36.00
Summer	Tue, Thu 11:30 - 12:15 pm	18-99	\$11.00/\$36.00
Summer	Tue, Thu 11:30 - 12:15 pm	18-99	\$11.00/\$36.00

* Summer 6/10-8/2

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Summer (06/02-08/18)

Group Classes

Masala Bhangra

Masala Bhangra® is a lifestyle program where the Dhol Drum beats meets the glamour of Bollywood. With easy to follow choreography, participants are encouraged to move, touch and inspire! Empowering a Life long way of being through Indian dance and music.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Summer	Wednesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength, and core training.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
Summer	Thursday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that utilizes a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 8:00 - 8:45 am	16-99	\$0.00/\$40.00

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	Monday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
Summer	Monday 5:00 - 5:50 pm	16-99	\$0.00/\$40.00
Summer	Wednesday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
Summer	Wednesday 5:00 - 5:50 pm	16-99	\$0.00/\$40.00
Summer	Friday 5:00 - 6:00 am	16-99	\$10.00/\$50.00

Hip Hop Dance Aerobics

Hip hop is a high-energy class. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Hip hop dance requires students to have the strength and stamina to successfully perform moves. Therefore class includes upper and lower body condition but can be done by beginners.

Ses	Days & Times	Ages	Mem/Program
Summer	Thursday 5:30 - 6:00 PM	16-99	\$0.00/\$40.00

Kickboxing

Through a mixture of martial arts and boxing moves, our kickboxing class includes physical contact with a punching bag. Participants must bring their own gloves.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
Summer	Thursday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00

Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 10:30 - 11:45 am	16-99	\$0.00/\$40.00
Summer	Wednesday 10:30 - 11:45 am	16-99	\$0.00/\$40.00
Summer	Friday 10:30 - 11:45 am	16-99	\$0.00/\$40.00

SilverSneakers Circuit

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Summer	Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Summer	Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

Silver Sneakers BOOM MOVE IT

Dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 7:10 - 7:40 am		\$0.00/\$40.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Summer (06/02-08/18)

Group Classes

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Summer	Monday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Summer	Tuesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Summer	Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Summer	Wednesday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Summer	Thursday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Summer	Friday 8:00 - 8:45 am	16-99	\$0.00/\$40.00
Summer	Friday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Summer	Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 7:45 - 8:15 am	16-99	\$0.00/\$40.00

Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
Summer	Friday 6:15 - 7:00 am	16-99	\$0.00/\$40.00

Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 10:30 - 11:15 AM (Qi Gong)	16-99	\$10.00/\$50.00
Summer	Thursday 10:30 - 11:15 AM (Qi Gong)	16-99	\$10.00/\$50.00

Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 11:00 - 11:45 am	16-99	\$0.00/\$40.00

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
Summer	Tuesday 6:10 - 6:55 pm	16-99	\$10.00/\$50.00
Summer	Wednesday 12:00 - 12:45 PM	16-99	\$10.00/\$50.00
Summer	Thursday 6:10 - 6:55 pm	16-99	\$10.00/\$50.00
Summer	Friday 12:00 - 12:45 PM	16-99	\$10.00/\$50.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Summer	Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Summer	Saturday 10:00 - 10:45 am	16-99	\$0.00/\$40.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Summer (06/02-08/18)

Miscellaneous

Date Night

Date Night allows children to participate in fun physical activities, enjoy a healthy meal and spend time with friends while you enjoy a night out. Child must be potty trained.

Ses	Days & Times	Ages	Mem/Program
Summer	August Date Night	3-10	\$25.00/\$25.00
Summer	August Date Night - Second Child	3-10	\$10.00/\$10.00
Summer	August Date Night - Third and beyond c	3-10	\$5.00/\$5.00
Summer	June Date Night	3-10	\$25.00/\$25.00
Summer	June Date Night - Second Child	3-10	\$10.00/\$10.00
Summer	June Date Night - Third and beyond chil	3-10	\$5.00/\$5.00

Register Online at AKRONYMCA.ORG

(330) 434-9622

477 E. Market Street, Akron, OH 44304



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Summer (06/02-08/18)

Sports & Youth Programs

Little Kickers Soccer

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesdays 6:30pm-7:15pm	3-6	\$22.00/\$44.00

* Parent/child participation class

Sporties For Shorties

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	Thursday 6:00 - 6:45PM	3-5	\$22.00/\$44.00

* Parent/child participation class

Register Online at AKRONYMCA.ORG

(330) 434-9622

477 E. Market Street, Akron, OH 44304