



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Spring (04/21-06/03)

Aquatics

Warm Water Open Swim

Ses	Days & Times	Ages	Mem/Program
Spring	Open Swim Tuesday and Thursday Only	18-99	\$10.00/\$40.00

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
Spring	Saturday 8:30 - 9:00	Max 3	\$22.00/\$44.00

* Parent/child participation class

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
Spring	Saturday 11:30am - 12:00 pm	Max 3	\$22.00/\$44.00

* Parent/child participation class

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
Spring	Tuesday 5:00 - 5:45 pm	3-5	\$30.00/\$60.00
Spring	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
Spring	Tuesday 5:00 - 5:45 pm	3-5	\$30.00/\$60.00
Spring	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
Spring	Tuesday 5:50 - 6:35 pm	3-5	\$30.00/\$60.00
Spring	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
Spring	Tuesday 5:00 - 5:45 pm	6-12	\$30.00/\$60.00
Spring	Tuesday 6:40 - 7:25 pm	6-12	\$30.00/\$60.00
Spring	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
Spring	Tuesday 5:50 - 6:35 pm	6-12	\$30.00/\$60.00
Spring	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
Spring	Tuesday 5:50 - 6:35 pm	6-12	\$30.00/\$60.00
Spring	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
Spring	Tuesday 6:40 - 7:25 pm	5-12	\$30.00/\$60.00
Spring	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
Spring	Tuesday 6:40 - 7:25 pm	5-12	\$30.00/\$60.00
Spring	Saturday 10:40 - 11:25 am	5-12	\$30.00/\$60.00

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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
Spring	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
Spring	Tuesday 6:40 - 7:25 pm	14-99	\$30.00/\$60.00
Spring	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
Spring	Private Swim Lessons April Sign Up		\$110.00/\$135.00
Spring	Private Swim Lessons May Sign Up		\$110.00/\$135.00

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
Spring	Mon, Wed, Fri 10:45 - 11:30 am	18-99	\$18.00/\$65.00
Spring	Mon, Wed, Fri 11:30 - 12:15 pm	18-99	\$18.00/\$65.00
Spring	Mon, Wed, Fri 4:45 - 5:30 pm	18-99	\$18.00/\$65.00
Spring	Mon, Wed, Fri 5:30 - 6:15 pmw	18-99	\$18.00/\$65.00
Spring	Tue, Thu 10:45 - 11:30 am	18-99	\$13.00/\$43.00
Spring	Tue, Thu 11:30 - 12:15 pm	18-99	\$13.00/\$43.00

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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
Spring	Monday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Spring	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
Spring	Tuesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
Spring	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 a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Ses	Days & Times	Ages	Mem/Program
Spring	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
Spring	Monday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
Spring	Monday 5:00 - 5:50 pm	16-99	\$0.00/\$40.00
Spring	Wednesday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
Spring	Wednesday 5:00 - 5:50 pm	16-99	\$0.00/\$40.00
Spring	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
Spring	Thursday 5:30 - 6:00 PM	16-99	\$0.00/\$40.00

Kettlebell Training

This very dynamic weight training class will get you the muscular strength and range of motion you have been looking for. Kettle bells are a traditional tool used in gyms all around the world.

Ses	Days & Times	Ages	Mem/Program
Spring	Saturday 9:00 - 9:45 AM	16-99	\$10.00/\$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
Spring	Tuesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
Spring	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
Spring	Monday 10:30 - 11:45 am	16-99	\$0.00/\$40.00
Spring	Wednesday 10:30 - 11:45 am	16-99	\$0.00/\$40.00
Spring	Friday 10:30 - 11:45 am	16-99	\$0.00/\$40.00

Step Aerobics

Using a bench and risers, you will step up and down and learn fun patterns to upbeat music.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 6:15 - 7:00 am		\$0.00/\$40.00

SilverSneakers Circuit

Cardio Circuit is designed for seniors who have taken the SilverSneakers Classic class and now feel at ease working out of their comfort zone. SilverSneakers Circuit focuses on strengthening the cardiovascular system.

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

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Group Classes

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
Spring	Wednesday 7:10 - 7:40 am		\$0.00/\$40.00

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
Spring	Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Spring	Monday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Spring	Tuesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Spring	Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Spring	Wednesday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
Spring	Thursday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
Spring	Friday 8:00 - 8:45 am	16-99	\$0.00/\$40.00
Spring	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
Spring	Tuesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Spring	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
Spring	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
Spring	Monday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
Spring	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
Spring	Tuesday 10:30 - 11:15 AM (Qi Gong)	16-99	\$10.00/\$50.00
Spring	Thursday 10:30 - 11:15 AM (Qi Gong)	16-99	\$10.00/\$50.00

Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
Spring	Wednesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

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
Spring	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
Spring	Monday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
Spring	Wednesday 12:00 - 12:45 PM	16-99	\$10.00/\$50.00
Spring	Friday 12:00 - 12:45 PM	16-99	\$10.00/\$50.00
Spring	Saturday 7:00 - 7:45 am (Restorative)	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
Spring	Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Spring	Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Spring	Saturday 10:00 - 10:45 am	16-99	\$0.00/\$40.00

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Miscellaneous

Functional Training

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 6:15 - 7:00 AM		\$0.00/\$40.00

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(330) 434-9622

477 E. Market Street, Akron, OH 44304



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Sports & Youth Programs

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	Mondays 6:45 - 7:30pm	2nd - 5th Gra	6-11 \$26.00/\$52.00

Lil Rah Rahs

Show us your team spirit! Lil Rah Rahs is a great way for your child(ren) to get started with basic cheer. This program will teach the fundamentals of tumbling while incorporating aspects of cheerleading, basic movements, and small routines.

Ses	Days & Times	Ages	Mem/Program
Spring	Thursdays 6:00PM-6:45PM	3-5	\$26.00/\$52.00

Little Dribblers Basketball

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	Monday 6:00 pm - 6:45 pm	3-5	\$26.00/\$52.00

** Parent/child participation class*

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
Spring	Wednesdays 6:30pm-7:15pm	3-6	\$26.00/\$52.00

** Parent/child participation class*

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