



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/05-02/15)

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	Tuesday 9:30 - 10:15 am		1-5	\$30.00/\$60.00

Introduction to Youth Boxing

The goal of this program is to help kids build fitness, self-confidence, self-control, discipline, and learn the basics of the sport of boxing and have fun.

Please provide your own boxing gloves and mouth piece.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Kohl Family YMCA	Monday 5:00pm - 6:00pm	Leland	4-17	\$50.00/\$80.00
Winter I	Kohl Family YMCA	Wednesday 5:00pm - 6:00pm	Leland	4-17	\$50.00/\$80.00
Winter I	Kohl Family YMCA	Monday & Wednesday 5:00pm - 6:00pm	Leland	4-17	\$90.00/\$150.00

Basic Tumbling

Begin learning the basics of tumbling by working on rolls, cartwheels, handstands and bridges. This is a great class for the beginner cheerleader and those who want to learn to tumble.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Firestone Park YMCA	Saturday (6-10yrs.) 1:15pm-2:00pm		6-10	\$50.00/\$80.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm		6-10	\$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!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Lake Anna YMCA	Rookies (K-2nd) Monday 5:15pm - 6:00	Miss Victoria		\$65.00/\$95.00
Winter I	Lake Anna YMCA	Winners (3rd-5th) Monday 6:00pm - 6:4	Miss Victoria		\$65.00/\$95.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/05-02/15)

Sports & Youth Programs

Creative Movement

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Firestone Park YMCA	Saturdays (3-5yrs.) 12:30pm-1:15pm		3-5	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Tuesday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00
Winter I	Wadsworth YMCA	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	Monday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Friday 9:30 - 10:15 am		1-3	\$50.00/\$80.00

Flag Football Clinic

Children will learn basic fundamentals of football. Throwing, catching, routing running, defense, and more will be taught through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Firestone Park YMCA	Thursday 6:00 - 6:45 pm		6-10	\$50.00/\$80.00

Youth Soccer

Children will learn basic fundamentals of soccer. Skills will include dribbling, passing, shooting, and more.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Firestone Park YMCA	Tuesday 5:00pm - 5:45pm		6-10	\$50.00/\$80.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/05-02/15)

Sports & Youth Programs

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		7-12	\$30.00/\$60.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	Tuesday 6:00 - 6:45 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	Monday 6:30 - 7:15 pm		8-12	\$50.00/\$80.00

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).

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Firestone Park YMCA	Thursday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Winter I	Kohl Family YMCA	Wednesday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00

Tae Kwon Do

Youth Tae Kwon Do will offer participants the opportunity to learn specialized skills and knowledge. This is a basic class that will help participants develop as they move forward.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Green YMCA	Weds 6:00 - 7:00 & Sat 9-10 am Janua		5-99	\$40.00/\$55.00
Winter I	Green YMCA	Weds 6:00 - 7:00 & Sat 9-10 am Febru		5-99	\$40.00/\$55.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/05-02/15)

Sports & Youth Programs

Ultimate Sports

A program designed for participants to learn and develop skills playing various sports classes each week. This class will help participants learn the fundamentals of each sport played and then we will play games each week!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, Soc		6-10	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		7-12	\$50.00/\$80.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Green YMCA	Kg and 1st Grade Mon 5:15 - 6:15		4-6	\$90.00/\$120.00
Winter I	Green YMCA	Kg and 1st Grade - Tuesday 5:15 - 6:15		4-7	\$90.00/\$120.00
Winter I	Green YMCA	2nd and 3rd Grade Mon 6:30 - 7:30		7-9	\$90.00/\$120.00
Winter I	Green YMCA	2nd and 3rd Grade Thurs 5:15 - 6:15		7-9	\$90.00/\$120.00
Winter I	Green YMCA	4th to 5th Grade Thurs 6:30-7:30		9-11	\$90.00/\$120.00
Winter I	Green YMCA	4th to 5th Grade Weds 5:00-5:55		9-11	\$90.00/\$120.00
Winter I	Green YMCA	6th to 8th Grade Tues 6:30 - 7:30		11-14	\$90.00/\$120.00
Winter I	Green YMCA	6th to 8th Grade Weds 7:15 - 8:15		11-14	\$90.00/\$120.00
Winter I	Kohl Family YMCA	Mondays (K-2nd) 5:00pm - 6:00pm		5-8	\$80.00/\$110.00
Winter I	Kohl Family YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm		8-11	\$80.00/\$110.00
Winter I	Kohl Family YMCA	Mondays (6th-8th) 7:00pm - 8:00pm		11-14	\$80.00/\$110.00
Winter I	Lake Anna YMCA	Mondays (K-2nd) 5:00pm - 5:45pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Tuesdays (6th-8th) 5:00pm - 6:00pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Tuesdays (High School) 6:00pm - 7:00pm	Coach Chris		\$80.00/\$110.00