



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Summer (06/08-08/30)

Aquatics

Aqua Zumba

This program takes place in the main pool! "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 music."

Ses	Days & Times	Ages	Mem/Program
Summer	Mondays 6:00-6:45pm	12-99	\$25.00/\$85.00

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 & Thursday 5:15 - 5:45 pm	3-5	\$70.00/\$130.00
Summer	Tuesday & Thursday 5:15 - 5:45 pm	3-5	\$70.00/\$130.00

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 & Thursday 6:00 - 6:30 pm	3-5	\$70.00/\$130.00
Summer	Tuesday & Thursday 6:00 - 6:30 pm	3-5	\$70.00/\$130.00

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 & Thursday 06:40pm - 07:10	6-12	\$70.00/\$130.00
Summer	Tuesday & Thursday 06:40pm - 07:10	6-12	\$70.00/\$130.00

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	Saturday 09:00am-9:30am	6-12	\$70.00/\$130.00

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	Saturday 9:45am-10:15am	6-12	\$70.00/\$130.00

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	Saturday 10:30am - 11:00am	6-12	\$70.00/\$130.00

Warm Water Arthritis Class

Instructor led exercise in the warm water therapy pool. Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday & Thursday 10:20am - 11:05	18-99	\$30.00/\$100.00
Summer	Tuesday & Thursday 10:20am - 11:05	18-99	\$30.00/\$100.00
Summer	Tuesday & Thursday 11:10am - 11:55	18-99	\$30.00/\$100.00
Summer	Tuesday & Thursday 11:10am - 11:55	18-99	\$30.00/\$100.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Summer (06/08-08/30)

Sports & Youth Programs

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.

Ses	Days & Times	Ages	Mem/Program
Summer	SUMMER 1 Monday 5:00pm - 6:00pm	4-17	\$35.00/\$60.00
Summer	SUMMER 2 Monday 5:00pm - 6:00pm	4-17	\$35.00/\$60.00
Summer	SUMMER 1 Friday 5:00pm - 6:00pm	4-17	\$30.00/\$55.00
Summer	SUMMER 2 Friday 5:00pm - 6:00pm	4-17	\$35.00/\$60.00
Summer	SUMMER 1 Monday & Friday 5:00pm - 4:17		\$60.00/\$110.00
Summer	SUMMER 2 Monday & Friday 5:00pm - 4:17		\$60.00/\$110.00

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
Summer	SUMMER 1 Monday (K-2nd) 5:00pm -	5-8	\$35.00/\$60.00
Summer	SUMMER 2 Monday (K-2nd) 5:00pm -	5-8	\$35.00/\$60.00
Summer	SUMMER 1 Monday (3rd-5th) 6:00pm	8-11	\$35.00/\$60.00
Summer	SUMMER 2 Monday (3rd-5th) 6:00pm	8-11	\$35.00/\$60.00
Summer	SUMMER 1 Friday (6th-8th) 5:00pm -	11-14	\$30.00/\$55.00
Summer	SUMMER 2 Friday (6th-8th) 5:00pm -	11-14	\$35.00/\$60.00
<i>Summer 1: June 8 - July 12 (No class Tuesday, June 17) Summer 2: July 20 - August 23.</i>			

Basketball - Lil Dribblers (ages 3-5)

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	SUMMER 1 Saturday 9:00am-9:45am	3-5	\$35.00/\$60.00
Summer	SUMMER 2 Saturday 9:00am-9:45am	3-5	\$35.00/\$60.00

Summer 1: June 8 - July 12 (No 5pm class Tuesday, June 17) Summer 2: July 20 - August 23.

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!

Ses	Days & Times	Ages	Mem/Program
Summer	SUMMER 1 Wednesday 6:00pm - 6:45	6-10	\$35.00/\$60.00
Summer	SUMMER 2 Wednesday 6:00pm - 6:45	6-10	\$35.00/\$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
Summer	SUMMER 1 Wednesday 5:00pm - 5:45	3-5	\$35.00/\$60.00
Summer	SUMMER 2 Wednesday 5:00pm - 5:45	3-5	\$35.00/\$60.00

Summer 1: June 8 - July 12 Summer 2: July 20 - August 23

Soccer - Little Kickers (ages 3-5)

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	SUMMER 1 Saturday 10:00am-10:45a	3-5	\$35.00/\$60.00
Summer	SUMMER 2 Saturday 10:00am-10:45a	3-5	\$35.00/\$60.00

Register Online at AKRONYMCA.ORG