



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

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](http://AKRONYMCA.ORG)



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

## 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

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## 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
Summer	Kohl Family YMCA	SUMMER 1 Monday 5:00pm - 6:00pm	Leland	4-17	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 2 Monday 5:00pm - 6:00pm	Leland	4-17	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 1 Friday 5:00pm - 6:00pm	Leland	4-17	\$30.00/\$55.00
Summer	Kohl Family YMCA	SUMMER 2 Friday 5:00pm - 6:00pm	Leland	4-17	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 1 Monday & Friday 5:00pm	Leland	4-17	\$60.00/\$110.00
Summer	Kohl Family YMCA	SUMMER 2 Monday & Friday 5:00pm	Leland	4-17	\$60.00/\$110.00

## Teen Basketball League

Contact Jamel: [jamelr@akronymca.org](mailto:jamelr@akronymca.org) or call 330-724-1255 to provide team roster & team name

This Basketball League provides a positive environment where teens grades 9-12 create their own teams and participate in 6 weeks of games every Thursday, with a

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Summer	Firestone Park YMCA	Thursdays (9th-12th) 6:00pm - 9:00pm		14-18	\$60.00/\$90.00

## 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
Summer	Firestone Park YMCA	SUMMER 1 Saturdays (3-5yrs.) 12:30		3-5	\$35.00/\$60.00
Summer	Firestone Park YMCA	SUMMER 2 Saturdays (3-5yrs.) 12:30		3-5	\$35.00/\$60.00

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

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Summer	Kohl Family YMCA	SUMMER 1 Saturday 9:00am-9:45am		3-5	\$35.00/\$60.00
Summer	Kohl Family YMCA	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.



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### 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
Summer	Firestone Park YMCA	SUMMER 1 Thursday 5:00pm - 5:45p		3-5	\$35.00/\$60.00
Summer	Firestone Park YMCA	SUMMER 2 Thursday 5:00pm - 5:45p		3-5	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 1 Wednesday 5:00pm - 5:4		3-5	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 2 Wednesday 5:00pm - 5:4		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Summer	Kohl Family YMCA	SUMMER 1 Saturday 10:00am-10:45a		3-5	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 2 Saturday 10:00am-10:45a		3-5	\$35.00/\$60.00

### 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
Summer	Firestone Park YMCA	SUMMER 1 Saturday (6-10yrs.) 1:15p		6-10	\$35.00/\$60.00
Summer	Firestone Park YMCA	SUMMER 2 Saturday (6-10yrs.) 1:15p		6-10	\$35.00/\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Summer	Firestone Park YMCA	SUMMER 1 Tuesday 6:00pm - 6:45pm		6-10	\$35.00/\$60.00
Summer	Firestone Park YMCA	SUMMER 2 Tuesday 6:00pm - 6:45pm		6-10	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 1 Monday (K-2nd) 5:00pm -		5-8	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 2 Monday (K-2nd) 5:00pm -		5-8	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 1 Monday (3rd-5th) 6:00pm		8-11	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 2 Monday (3rd-5th) 6:00pm		8-11	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 1 Friday (6th-8th) 5:00pm -		11-14	\$30.00/\$55.00
Summer	Kohl Family YMCA	SUMMER 2 Friday (6th-8th) 5:00pm -		11-14	\$35.00/\$60.00

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

### 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
Summer	Firestone Park YMCA	SUMMER 1 Tuesday 5:00pm - 5:45pm		6-10	\$35.00/\$60.00
Summer	Firestone Park YMCA	SUMMER 2 Tuesday 5:00pm - 5:45pm		6-10	\$35.00/\$60.00

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## 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
Summer	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Ma		6-99	\$50.00/\$80.00
Summer	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Ju		6-99	\$50.00/\$80.00
Summer	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Jul		6-99	\$50.00/\$80.00
Summer	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Au		6-99	\$50.00/\$80.00

## 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
Summer	Kohl Family YMCA	SUMMER 1 Wednesday 6:00pm - 6:4		6-10	\$35.00/\$60.00
Summer	Kohl Family YMCA	SUMMER 2 Wednesday 6:00pm - 6:4		6-10	\$35.00/\$60.00