



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall I (09/07-10/25)
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.

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

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 |
|---------|---------------------|------------------------------------|-----------------|------|-----------------|
| Fall I | Firestone Park YMCA | Saturdays (3-5yrs.) 12:30pm-1:15pm | | 3-5 | \$50.00/\$80.00 |

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 |
|---------|------------------|------------------------|-----------------|------|-----------------|
| Fall I | Kohl Family YMCA | Saturday 9:00am-9:45am | | 3-5 | \$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 |
|---------|---------------------|---------------------------|-----------------|------|-----------------|
| Fall I | Firestone Park YMCA | Thursday 5:00pm - 5:45pm | | 3-5 | \$50.00/\$80.00 |
| Fall I | Kohl Family YMCA | Tuesday 5:00pm - 5:45pm | | 3-5 | \$50.00/\$80.00 |
| Fall I | Kohl Family YMCA | Wednesday 5:00pm - 5:45pm | | 3-5 | \$50.00/\$80.00 |

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 |
|---------|------------------|--------------------------|-----------------|------|-----------------|
| Fall I | Kohl Family YMCA | Saturday 10:00am-10:45am | | 3-5 | \$50.00/\$80.00 |

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 |
|---------|---------------------|-----------------------------------|-----------------|------|-----------------|
| Fall I | Firestone Park YMCA | Saturday (6-10yrs.) 1:15pm-2:00pm | | 6-10 | \$50.00/\$80.00 |



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Fall I (09/07-10/25)
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.

| Session | Branch | Days & Times | Instructor Name | Ages | Mem/Program |
|---------|---------------------|------------------------------------|-----------------|-------|-----------------|
| Fall I | Firestone Park YMCA | Tuesday 6:00pm - 6:45pm | | 6-10 | \$50.00/\$80.00 |
| Fall I | Kohl Family YMCA | Monday (K-2nd) 5:00pm - 5:45pm | | 5-8 | \$50.00/\$80.00 |
| Fall I | Kohl Family YMCA | Monday (3rd-5th) 6:00pm - 6:45pm | | 8-11 | \$50.00/\$80.00 |
| Fall I | Kohl Family YMCA | Monday (6th-8th) 7:00pm - 7:45pm | | 11-14 | \$50.00/\$80.00 |
| Fall I | Kohl Family YMCA | Saturday (K-2nd) 11:00am - 11:45am | | 5-8 | \$50.00/\$80.00 |

Flag Football Clinic

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

| Session | Branch | Days & Times | Instructor Name | Ages | Mem/Program |
|---------|---------------------|-------------------------|-----------------|------|-----------------|
| Fall 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 |
|---------|---------------------|-------------------------|-----------------|------|-----------------|
| Fall I | Firestone Park YMCA | Tuesday 5:00pm - 5:45pm | | 6-10 | \$50.00/\$80.00 |
| Fall I | Kohl Family YMCA | Tuesday 6:00pm - 6:45pm | | 6-10 | \$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 |
|---------|---------------------|---------------------------------|-----------------|------|-----------------|
| Fall I | Firestone Park YMCA | Weds 5pm-6pm & Sat 11am-12pm Se | | 6-99 | \$50.00/\$80.00 |
| Fall I | Firestone Park YMCA | Weds 5pm-6pm & Sat 11am-12pm Oc | | 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 |
|---------|------------------|-------------------------------------|-----------------|------|-----------------|
| Fall I | Kohl Family YMCA | Wednesday 6:00pm - 6:45pm (Bball, S | | 6-10 | \$50.00/\$80.00 |



FOR YOUTH DEVELOPMENT
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Fall II (11/02-12/20)
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.

| Session | Branch | Days & Times | Instructor Name | Ages | Mem/Program |
|---------|------------------|------------------------|-----------------|------|-----------------|
| Fall II | Kohl Family YMCA | Monday 5:00pm - 6:00pm | Leland | 4-17 | \$50.00/\$80.00 |

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 |
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| Fall II | Firestone Park YMCA | Saturdays (3-5yrs.) 12:30pm-1:15pm | | 3-5 | \$50.00/\$80.00 |

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 |
|---------|------------------|-----------------------|-----------------|------|-----------------|
| Fall II | Kohl Family YMCA | Tuesday 5:00pm-5:45pm | | 3-5 | \$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 |
|---------|------------------|-----------------------------------|-----------------|-------|------------------|
| Fall II | Kohl Family YMCA | Mondays (K-2nd) 5:00pm - 6:00pm | | 5-8 | \$80.00/\$110.00 |
| Fall II | Kohl Family YMCA | Mondays (3rd-5th) 6:00pm - 7:00pm | | 8-11 | \$80.00/\$110.00 |
| Fall II | Kohl Family YMCA | Mondays (6th-8th) 7:00pm - 8:00pm | | 11-14 | \$80.00/\$110.00 |

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).

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| Fall II | Firestone Park YMCA | Thursday 5:00pm - 5:45pm | | 3-5 | \$50.00/\$80.00 |
| Fall II | Kohl Family YMCA | Wednesday 5:00pm - 5:45pm | | 3-5 | \$50.00/\$80.00 |

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 |
|---------|---------------------|-----------------------------------|-----------------|------|-----------------|
| Fall II | Firestone Park YMCA | Saturday (6-10yrs.) 1:15pm-2:00pm | | 6-10 | \$50.00/\$80.00 |



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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.

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|---------|---------------------|-------------------------|-----------------|------|-----------------|
| Fall II | Firestone Park YMCA | Tuesday 6:00pm - 6:45pm | | 6-10 | \$50.00/\$80.00 |

Flag Football Clinic

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

| Session | Branch | Days & Times | Instructor Name | Ages | Mem/Program |
|---------|---------------------|-------------------------|-----------------|------|-----------------|
| Fall II | 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 |
|---------|---------------------|-------------------------|-----------------|------|-----------------|
| Fall II | Firestone Park YMCA | Tuesday 5:00pm - 5:45pm | | 6-10 | \$50.00/\$80.00 |
| Fall II | Kohl Family YMCA | Tuesday 6:00pm - 6:45pm | | 6-10 | \$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 |
|---------|---------------------|---------------------------------|-----------------|------|-----------------|
| Fall II | Firestone Park YMCA | Weds 5pm-6pm & Sat 11am-12pm No | | 6-99 | \$50.00/\$80.00 |
| Fall II | Firestone Park YMCA | Weds 5pm-6pm & Sat 11am-12pm De | | 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 |
|---------|------------------|-------------------------------------|-----------------|------|-----------------|
| Fall II | Kohl Family YMCA | Wednesday 6:00pm - 6:45pm (Bball, S | | 6-10 | \$50.00/\$80.00 |



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Kohl Family YMCA

Fall I (09/07-10/25)

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 |
|--------|---------------------|-------|-----------------|
| Fall I | Mondays 6:00-6:45pm | 12-99 | \$20.00/\$75.00 |

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 |
|--------|--------------------------|-------|------------------|
| Fall I | Thursday 5:15pm - 5:45pm | Max 3 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Fall I | Tuesday 5:15 - 5:45 pm | 3-5 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Fall I | Tuesday 6:00 - 6:30 pm | 3-5 | \$60.00/\$115.00 |

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 |
|--------|-------------------------|------|------------------|
| Fall I | Tuesday 6:40pm - 7:10pm | 3-5 | \$60.00/\$115.00 |

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 |
|--------|----------------------------|------|------------------|
| Fall I | Saturday 09:00am - 09:30am | 6-12 | \$60.00/\$115.00 |
| Fall I | Thursday 06:00pm - 06:30pm | 6-12 | \$60.00/\$115.00 |

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 |
|--------|--------------------------|------|------------------|
| Fall I | Saturday 09:35am-10:05am | 6-12 | \$60.00/\$115.00 |

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 |
|--------|--------------------------|------|------------------|
| Fall I | Saturday 10:10am-10:40am | 6-12 | \$60.00/\$115.00 |

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 |
|--------|----------------------------|------|------------------|
| Fall I | Saturday 10:45am - 11:15am | 6-12 | \$60.00/\$115.00 |

Saturday programs run 8 weeks

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

| Ses | Days & Times | Ages | Mem/Program |
|--------|---------------------------------|-------|------------------|
| Fall I | Beginner Thursday 6:40pm-7:10pm | 13-99 | \$60.00/\$115.00 |

Saturday programs run 8 weeks

Register Online at AKRONYMCA.ORG



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Kohl Family YMCA

Fall I (09/07-10/25)

Aquatics

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 |
|--------|-----------------------------|-------|-----------------|
| Fall I | Wednesday 10:20am - 11:05am | 18-99 | \$25.00/\$90.00 |
| Fall I | Wednesday 11:10am - 11:55am | 18-99 | \$25.00/\$90.00 |
| Fall I | Friday 10:20am - 11:05am | 18-99 | \$25.00/\$90.00 |
| Fall I | Friday 11:10am - 11:55am | 18-99 | \$25.00/\$90.00 |

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

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Kohl Family YMCA

Fall I (09/07-10/25)

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 |
|--------|------------------------|------|-----------------|
| Fall I | Monday 5:00pm - 6:00pm | 4-17 | \$50.00/\$80.00 |

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 |
|--------|------------------------|------|-----------------|
| Fall I | Saturday 9:00am-9:45am | 3-5 | \$50.00/\$80.00 |

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 |
|--------|---------------------------|------|-----------------|
| Fall I | Tuesday 5:00pm - 5:45pm | 3-5 | \$50.00/\$80.00 |
| Fall I | Wednesday 5:00pm - 5:45pm | 3-5 | \$50.00/\$80.00 |

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 |
|--------|--------------------------|------|-----------------|
| Fall I | Saturday 10:00am-10:45am | 3-5 | \$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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|------------------------------------|-------|-----------------|
| Fall I | Monday (K-2nd) 5:00pm - 5:45pm | 5-8 | \$50.00/\$80.00 |
| Fall I | Monday (3rd-5th) 6:00pm - 6:45pm | 8-11 | \$50.00/\$80.00 |
| Fall I | Monday (6th-8th) 7:00pm - 7:45pm | 11-14 | \$50.00/\$80.00 |
| Fall I | Saturday (K-2nd) 11:00am - 11:45am | 5-8 | \$50.00/\$80.00 |

Youth Soccer

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

| Ses | Days & Times | Ages | Mem/Program |
|--------|-------------------------|------|-----------------|
| Fall I | Tuesday 6:00pm - 6:45pm | 6-10 | \$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!

| Ses | Days & Times | Ages | Mem/Program |
|--------|-------------------------------------|------|-----------------|
| Fall I | Wednesday 6:00pm - 6:45pm (Bball, S | 6-10 | \$50.00/\$80.00 |

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Kohl Family YMCA

Fall II (11/02-12/20)

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 |
|--------|---------------------|-------|-----------------|
| Fall I | Mondays 6:00-6:45pm | 12-99 | \$20.00/\$75.00 |

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 |
|--------|--------------------------|-------|------------------|
| Fall I | Thursday 5:15pm - 5:45pm | Max 3 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Fall I | Tuesday 5:15 - 5:45 pm | 3-5 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Fall I | Tuesday 6:00 - 6:30 pm | 3-5 | \$60.00/\$115.00 |

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 |
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| Fall I | Tuesday 6:40pm - 7:10pm | 3-5 | \$60.00/\$115.00 |

Youth Stage 1 Water Acclimation

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| Ses | Days & Times | Ages | Mem/Program |
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| Fall I | Saturday 09:00am - 09:30am | 6-12 | \$60.00/\$115.00 |
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| Ses | Days & Times | Ages | Mem/Program |
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| Fall I | Saturday 10:45am - 11:15am | 6-12 | \$60.00/\$115.00 |

Saturday programs run 8 weeks

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

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| Fall I | Beginner Thursday 6:40pm-7:10pm | 13-99 | \$60.00/\$115.00 |

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Warm Water Arthritis Class

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|--------|-----------------------------|-------|-----------------|
| Fall I | Wednesday 10:20am - 11:05am | 18-99 | \$25.00/\$90.00 |
| Fall I | Wednesday 11:10am - 11:55am | 18-99 | \$25.00/\$90.00 |
| Fall I | Friday 10:20am - 11:05am | 18-99 | \$25.00/\$90.00 |
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Youth Soccer

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| Ses | Days & Times | Ages | Mem/Program |
|--------|-------------------------|------|-----------------|
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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 |
|--------|-------------------------------------|------|-----------------|
| Fall I | Wednesday 6:00pm - 6:45pm (Bball, S | 6-10 | \$50.00/\$80.00 |

Register Online at AKRONYMCA.ORG