



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

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
Fall I	Wednesday 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

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 frontcrawl 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

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

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

Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages	Mem/Program
Fall I	NOT OFFERED AQUATIC DIRECTOR USE		\$150.00/\$250.00

Register Online at AKRONYMCA.ORG

(330) 434-9622

477 E. Market Street, Akron, OH 44304



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Aquatics

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Ses	Days & Times	Ages	Mem/Program
Fall II	Mondays 6:00-6:45pm	12-99	\$20.00/\$75.00
Fall II	Wednesday 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 II	Thursday 5:15pm - 5:45pm	Max 3	\$52.00/\$100.00

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 II	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 II	Tuesday 6:00 - 6:30 pm	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 II	Saturday 09:00am - 09:30am	6-12	\$60.00/\$115.00
Fall II	Thursday 06:00pm - 06:30pm	6-12	\$62.00/\$100.00

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 II	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 II	Saturday 10:10am-10:40am	6-12	\$60.00/\$115.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique in frontcrawl 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 II	Saturday 10:45am - 11:15am	6-12	\$60.00/\$115.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall II	Beginner Thursday 6:40pm-7:10pm	13-99	\$52.00/\$100.00

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

Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages	Mem/Program
Fall II	NOT OFFERED AQUATIC DIRECTOR USE		\$150.00/\$250.00

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FOR YOUTH DEVELOPMENT
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Fall I (09/06-10/24)

Sports & Youth Programs

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	Tuesday 5:00pm-5:45pm		3-5	\$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	Fridays (3-5yrs.) 5:00pm-5:45pm		3-5	\$50.00/\$80.00

Sporties For Shorties

SportiesforShortieswillintroduce 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	Wednesday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Fall I	Kohl Family YMCA	Saturday 10:00am - 10:45am		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 9:00am-9:45am		3-5	\$50.00/\$80.00

Basic Tumbling

Beginlearningthebasics 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	Fridays (6-10yrs.) 6:00pm-6:45pm		6-10	\$50.00/\$80.00

Basketball - Clinic

TheBasketballClinicwillfocus 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

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FOR YOUTH DEVELOPMENT
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Fall I (09/06-10/24)

Sports & Youth Programs

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
Fall I	Kohl Family YMCA	Saturday 12:00pm - 12:45pm		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 Sept		6-99	\$50.00/\$80.00
Fall I	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Octo		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, Soc		6-10	\$50.00/\$80.00



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Fall II (11/01-12/19)

Sports & Youth Programs

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

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 II	Firestone Park YMCA	Fridays (3-5yrs.) 5:00pm-5:45pm		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).

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall II	Firestone Park YMCA	Thursday 5:00pm - 5:45pm		3-5	\$45.00/\$70.00
Fall II	Kohl Family YMCA	Wednesday 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

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	Fridays (6-10yrs.) 6:00pm-6:45pm		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
Fall II	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm		6-10	\$50.00/\$80.00



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Fall II (11/01-12/19)

Sports & Youth Programs

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	\$45.00/\$70.00

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 Nov		6-99	\$50.00/\$80.00
Fall II	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Dec		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, Soc		6-10	\$50.00/\$80.00