



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Register Online at AKRONYMCA.ORG



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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



FOR YOUTH DEVELOPMENT
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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



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Green YMCA

Sports & Youth Programs

Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wed 5:00 - 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).

Ses	Days & Times	Ages	Mem/Program
Fall I	Wed 5:00 - 5:45pm	3-5	\$50.00/\$80.00

Mens Basketball League

An adult men's basketball league for recreational basketball players with some experience on the court.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday Evenings	19-59	\$550.00/\$550.00

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Thurs 5:00 - 5:45pm	5-10	\$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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tues 5:00 - 5:45pm	6-8	\$50.00/\$80.00
Fall I	Tues 6:00 - 6:45pm	9-12	\$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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wed 6pm-7pm & Sat 9am-10am Sept	5-99	\$40.00/\$55.00
Fall I	Wed 6pm-7pm & Sat 9am-10am Oct	5-99	\$40.00/\$55.00

Wee Movement

Formally "Wee-tumblers". This engaging class focuses on developing children's fine motor skills and sensory abilities through interactive play. Sensory play, including tactile and auditory exercises, further supports sensory processing and exploration in a fun, supportive environment.

Ses	Days & Times	Ages	Mem/Program
Fall I	Thurs 10:15 - 11:00am	1-3	\$50.00/\$70.00

** Parent/child participation class*

Register Online at AKRONYMCA.ORG



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Green YMCA

Group Classes

Self Defense Workshop

This is a participation class taught by a law enforcement officer. Techniques in self defense will be taught to fit a variety of situations and circumstances.

Ses	Days & Times	AgesMem/Program
Fall I	Thurs 11:15-12:15 Sept	\$30.00/\$50.00
Fall I	Thurs 11:15-12:15 Oct	\$30.00/\$50.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



FOR YOUTH DEVELOPMENT
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Green YMCA

Fall III (11/01-12/19)

Sports & Youth Programs

Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Fall II	Wed 5:00 - 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).

Ses	Days & Times	Ages	Mem/Program
Fall II	Wed 5:00 - 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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thurs 5:00 - 5:45pm	5-10	\$45.00/\$70.00

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 II	Tues 5:00 - 5:45pm	6-8	\$50.00/\$80.00
Fall II	Tues 6:00 - 6:45pm	9-12	\$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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Weds 6-7pm & Sat 9-10am December	5-99	\$40.00/\$55.00
Fall II	Wed 6pm-7pm & Sat 9am-10am Nov	5-99	\$40.00/\$55.00

Wee Movement

Formally "Wee-tumblers". This engaging class focuses on developing children's fine motor skills and sensory abilities through interactive play. Sensory play, including tactile and auditory exercises, further supports sensory processing and exploration in a fun, supportive environment.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thurs 10:15 - 11:00am	1-3	\$45.00/\$70.00

** Parent/child participation class*

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Green YMCA

Fall III (11/01-12/19)

Group Classes

Self Defense Workshop

This is a participation class taught by a law enforcement officer. Techniques in self defense will be taught to fit a variety of situations and circumstances.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thurs 11:15- 12:15 Nov		\$30.00/\$50.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



FOR YOUTH DEVELOPMENT
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Lake Anna YMCA

Sports & Youth Programs

Cheer Clinic

Ses	Days & Times	Ages	Mem/Program
Fall I	Mondays (K-2nd): 5:15pm-6:00pm		\$50.00/\$80.00
Fall I	Mondays (3rd-5th): 6:00pm-6:45pm		\$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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$50.00/\$80.00

Intermediate Tumbling

This class will work on perfecting cartwheels, bridges and rolls, as we strengthen handstands and round offs. This class will also cover basic drills for walkovers and handspins.

Ses	Days & Times	Ages	Mem/Program
Fall I	Thursdays 5:15pm-6:00pm	7-12	\$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	Mondays (K-2nd): 5:15pm-6:00pm		\$50.00/\$80.00
Fall I	Mondays (3rd-5th): 6:00pm-6:45pm		\$50.00/\$80.00
Fall I	Tuesdays (6th-8th): 5:15pm-7:15pm		\$50.00/\$80.00
Fall I	Tuesdays (High School): 5:15pm-7:15pm		\$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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG



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Lake Anna YMCA

Fall III (11/01-12/19)

Sports & Youth Programs

Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$50.00/\$80.00

Intermediate Tumbling

This class will work on perfecting cartwheels, bridges and rolls, as we strengthen handstands and round offs. This class will also cover basic drills for walkovers and handsprings.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thursdays 5:15pm-6:00pm	7-12	\$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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Mondays (Rookies: K-2nd): 5:15pm-6:00pm		\$65.00/\$95.00
Fall II	Mondays (Winners 3rd-5th): 6:00pm-6:45pm		\$65.00/\$95.00

Basketball League

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

Ses	Days & Times	Ages	Mem/Program
Fall II	Mondays (K-2nd): 5:15pm-6:00pm		\$80.00/\$110.00
Fall II	Mondays (3rd-5th): 6:00pm-6:45pm		\$80.00/\$110.00
Fall II	Tuesdays (6th-8th): 5:15pm-7:15pm		\$80.00/\$110.00
Fall II	Tuesdays (High School): 5:15pm-7:15pm		\$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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG

(330) 745-9622

500 W. Hopocan Ave., Barberton, OH 44203



FOR YOUTH DEVELOPMENT
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Riverfront Family YMCA

Fall I (09/06-10/24), Fall III (11/01-12/19)

Sports & Youth Programs

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 4:15pm-5:00pm	1-3	\$55.00/\$90.00
Fall I	Tuesday 10:30am-11:15am	1-3	\$55.00/\$90.00
Fall I	Saturday 10:45am-11:30am	1-3	\$55.00/\$80.00
Fall II	Monday 4:15pm-5:00pm	1-3	\$55.00/\$90.00
Fall II	Tuesday 10:30am-11:15am	1-3	\$55.00/\$90.00
Fall II	Saturday 10:45am-11:30am	1-3	\$55.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 5:30pm - 6:15pm	3-4	\$55.00/\$90.00
Fall I	Thursday 10:30am - 11:15am	3-4	\$55.00/\$90.00
Fall I	Saturday 9:00am - 9:45am	3-4	\$55.00/\$90.00
Fall I	Saturday 11:30am - 12:15pm	3-4	\$55.00/\$90.00
Fall II	Wednesday 5:30pm - 6:15pm	3-4	\$55.00/\$90.00
Fall II	Thursday 10:30am - 11:15am	3-4	\$55.00/\$90.00
Fall II	Saturday 9:00am - 9:45am	3-4	\$55.00/\$90.00
Fall II	Saturday 11:30am - 12:15pm	3-4	\$55.00/\$90.00

Gymnastics - Beginners

The first level of progressive gymnastics classes offered. The first class for all children 5 years old and above who have never taken gymnastics. Beginners is an introduction of basic gymnastics skills, flexibility, and strength on all 4 events (Vault, Bars, Beam, Floor). Skills Taught: running & jumping form (vault), hanging shapes, bar holds & movements (bars), balancing holds, movements, & jumps (beam), jumping shapes, rolls, handstands, cartwheels (floor), strength, flexibility, listening, etc.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 5:30pm-6:30pm	5-17	\$75.00/\$105.00
Fall I	Monday 6:00pm-7:00pm	5-17	\$75.00/\$105.00
Fall I	Wednesday 4:30pm-5:30pm	5-17	\$75.00/\$105.00
Fall I	Wednesday 6:30pm-7:30pm	5-17	\$75.00/\$105.00
Fall I	Saturday 9:45am-10:45am	5-17	\$75.00/\$105.00
Fall I	Saturday 12:15pm-1:15pm	5-17	\$75.00/\$105.00
Fall II	Monday 5:30pm-6:30pm	5-17	\$75.00/\$105.00
Fall II	Monday 6:00pm-7:00pm	5-17	\$75.00/\$105.00
Fall II	Wednesday 4:30pm-5:30pm	5-17	\$75.00/\$105.00
Fall II	Wednesday 6:30pm-7:30pm	5-17	\$75.00/\$105.00
Fall II	Saturday 9:45am-10:45am	5-17	\$75.00/\$105.00
Fall II	Saturday 12:15pm-1:15pm	5-17	\$75.00/\$105.00

Gymnastics - Intermediate

The second progressive gymnastics class offered. Intermediate is the next step after testing out the Beginners class, unless the gymnast has prior experience from another gym (contact Gymnastics Coordinator to schedule an evaluation for placement). The Intermediate class is an advancement of the basic skills taught in Beginners. The events and skills learned will be progressed in addition to the introduction of new skills on all 4 events.

Skills Taught: running & jumping form, vaulting technique and power (vault), hanging shape strength, bar holds, movements & circling skills (bars), advanced balancing holds, jumping shapes, advanced beam movements, handstand intro (beam), jumping shapes, turns, rolls, kick-overs, handstands, cartwheels, round-off intro (floor), strength, flexibility, listening, coachability, etc.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 7:00pm - 8:00pm	5-17	\$75.00/\$105.00
Fall I	Wednesday 4:30pm - 5:30pm	5-17	\$75.00/\$105.00
Fall I	Wednesday 5:30pm - 6:30pm	5-17	\$75.00/\$105.00
Fall I	Saturday 9:45am - 10:45am	5-17	\$75.00/\$105.00
Fall II	Monday 7:00pm - 8:00pm	5-17	\$75.00/\$105.00
Fall II	Wednesday 4:30pm - 5:30pm	5-17	\$75.00/\$105.00
Fall II	Wednesday 5:30pm - 6:30pm	5-17	\$75.00/\$105.00
Fall II	Saturday 9:45am - 10:45am	5-17	\$75.00/\$105.00

Gymnastics - Advanced

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 6:30pm-8:00pm	6-17	\$80.00/\$110.00
Fall I	Saturday 11:00am-12:30pm	6-17	\$80.00/\$110.00
Fall II	Monday 6:30pm-8:00pm	6-17	\$80.00/\$110.00
Fall II	Saturday 11:00am-12:30pm	6-17	\$80.00/\$110.00

Gymnastics - Elite

The fourth, and last progressive gymnastics class offered. Elite is the next step after testing out of the Advanced class. The Elite class is a progressed version after the Advanced class where previously learned skills are scaled to be more challenging as the gymnasts learn to refine & polish their skills as well as their independence in performing them. The gymnasts will also learn some additional new skills to introduce and prepare them for the next step, which is Pre-Team.

Skills Taught: gymnastics vaults, drilling, perfecting technique & form (vault), glide swings, pullovers, bigger bar casting, circling, squat-on (bars), jumps & connections, turns & leaps, handstands, dismounts (beam), jump connections, leaps, rolls, handstands, kick-overs, round-offs, backhandspring, increased & maintained strength, flexibility, coachability, concentration, focus, responsibility, etc.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 6:30pm-8:00pm	6-17	\$80.00/\$110.00
Fall II	Wednesday 6:30pm-8:00pm	6-17	\$80.00/\$110.00

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Riverfront Family YMCA

Fall I (09/06-10/24), Fall III (11/01-12/19)

Sports & Youth Programs

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	Wednesday 7:00 - 7:45pm	3-5	\$50.00/\$80.00
Fall I	Thursday 6:00 - 6:45pm	3-5	\$50.00/\$80.00
Fall II	Wednesday 6:00 - 6:45pm	3-5	\$50.00/\$80.00
Fall II	Thursday 7:00 - 7:45pm	3-5	\$45.00/\$70.00

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 6:00 - 6:45pm	3-5	\$50.00/\$80.00
Fall II	Thursday 6:00 - 6:45pm	3-5	\$45.00/\$70.00
Fall II	Friday 6:00 - 6:45pm	3-5	\$50.00/\$80.00

Basketball - Youth (ages 6-8)

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 7:00 - 7:45pm	6-8	\$50.00/\$80.00
Fall I	Thursday 7:00 - 7:45pm	6-8	\$50.00/\$80.00
Fall II	Tuesday 7:00 - 7:45pm	6-8	\$50.00/\$80.00
Fall II	Thursday 8:00 - 8:45pm	6-8	\$45.00/\$70.00
Fall II	Friday 7:00 - 7:45pm	6-8	\$50.00/\$80.00

Basketball - Youth (ages 9-12)

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 8:00 - 8:45pm	9-12	\$50.00/\$80.00
Fall II	Wednesday 8:00 - 8:45pm	9-12	\$50.00/\$80.00

Karate - Youth

Karate class is designed for children to learn confidence, self-discipline and respect from a Black Belt instructor while in a fun environment. Karate is a unique form of physical activity using movements and exercises that are excellent for personal health.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 6:00 - 7:00pm	6-12	\$65.00/\$85.00
Fall II	Tuesday 6:00 - 7:00pm	6-12	\$65.00/\$85.00

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	Monday 6:00 - 6:45pm	3-5	\$50.00/\$80.00
Fall I	Monday 7:00 - 7:45pm	3-5	\$50.00/\$80.00
Fall II	Monday 6:00 - 6:45pm	3-5	\$50.00/\$80.00
Fall II	Monday 7:00 - 7:45pm	3-5	\$50.00/\$80.00

Soccer - Youth Indoor (ages 6+)

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

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 8:00 - 8:45pm	6-12	\$50.00/\$80.00
Fall II	Tuesday 8:00 - 8:45pm	6-12	\$50.00/\$80.00
Fall II	Wednesday 7:00 - 7:45pm	6-12	\$50.00/\$80.00

Rock Wall 101

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 5:00pm - 5:45pm	Fall I	4-99 \$0.00/\$35.00
Fall I	Wednesday 6:00pm - 6:45pm	Fall I	4-99 \$0.00/\$35.00
Fall I	Wednesday 7:00pm - 7:45pm	Fall I	4-99 \$0.00/\$35.00
Fall I	Saturday 9:00am - 9:45am	Fall I	4-99 \$0.00/\$35.00
Fall I	Saturday 10:00am - 10:45am	Fall I	4-99 \$0.00/\$35.00
Fall I	Saturday 11:00am - 11:45am	Fall I	4-99 \$0.00/\$35.00
Fall II	Wednesday 5:00pm - 5:45pm	Fall II	4-99 \$0.00/\$35.00
Fall II	Wednesday 6:00pm - 6:45pm	Fall II	4-99 \$0.00/\$35.00
Fall II	Wednesday 7:00pm - 7:45pm	Fall II	4-99 \$0.00/\$35.00
Fall II	Saturday 9:00am - 9:45am	Fall II	4-99 \$0.00/\$35.00
Fall II	Saturday 10:00am - 10:45am	Fall II	4-99 \$0.00/\$35.00
Fall II	Saturday 11:00am - 11:45am	Fall II	4-99 \$0.00/\$35.00

Youth Dodgeball

Each week, a different version of dodge ball will be played. Participants will also work on fundamentals such as throwing, catching, and different running techniques.

Ses	Days & Times	Ages	Mem/Program
Fall I	Thursday 8:00 - 8:45pm	6-12	\$10.00/\$25.00

Register Online at AKRONYMCA.ORG

(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Fall I (09/06-10/24), Fall III (11/01-12/19)

Group Classes

Aqua Aerobics

Aqua Aerobics (16 years and up) Aqua Aerobics is similar to a Land Aerobics class, but adapted for the unique properties of the water. The water's resistance provides a low-impact, high-intensity workout without the need for swimming skills. Aqua aerobics is held in both shallow and deep parts of the pool.

Ses	Days & Times	Ages Mem/Program	
Fall I	Monday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Fall I	Wednesday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Fall I	Friday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Fall II	Monday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Fall II	Wednesday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Fall II	Friday 7:45 - 8:30am	16-99	\$20.00/\$75.00

Aqua Barre

Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back, and hips.

Ses	Days & Times	Ages Mem/Program	
Fall I	Wednesday 11:15 - 12:00pm	16-99	\$20.00/\$75.00
Fall II	Wednesday 11:15 - 12:00pm	16-99	\$20.00/\$75.00

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544 Broad Boulevard, Cuyahoga Falls, OH 44221



FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall I (09/06-10/24), Fall III (11/01-12/19)

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!

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 9:30-10:15am	1-5	\$30.00/\$60.00
Fall II	Tuesday 9:30-10:15am	1-5	\$30.00/\$60.00

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 5:30-6:15pm	1-3	\$50.00/\$80.00
Fall I	Thursday 5:30-6:15pm	1-3	\$50.00/\$80.00
Fall I	Friday 9:30-10:15am	1-3	\$50.00/\$80.00
Fall I	Friday 5:30-6:15am	1-3	\$50.00/\$80.00
Fall II	Wednesday 5:30-6:15pm	1-3	\$50.00/\$80.00
Fall II	Thursday 5:30-6:15pm	1-3	\$45.00/\$70.00
Fall II	Friday 9:30-10:15am	1-3	\$50.00/\$80.00
Fall II	Friday 5:30-6:15am	1-3	\$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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall I	Thursday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall I	Friday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall II	Wednesday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall II	Thursday 6:30 - 7:15 pm	3-5	\$45.00/\$70.00
Fall II	Friday 6:30 - 7:15 pm	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 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Fall I	Thursday 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Fall I	Thursday 6:30 - 7:15pm	3-5	\$50.00/\$80.00
Fall II	Monday 12:30-1:15 pm	3-5	\$50.00/\$80.00
Fall II	Tuesday 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Fall II	Thursday 5:30 - 6:15pm	3-5	\$45.00/\$70.00
Fall II	Thursday 6:30 - 7:15pm	3-5	\$45.00/\$70.00

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 6:30-7:15pm	3-5	\$50.00/\$80.00
Fall II	Monday 6:30-7:15pm	3-5	\$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!

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 5:30 - 6:15 pm	5-8	\$50.00/\$80.00
Fall II	Wednesday 5:30 - 6:15 pm	5-8	\$50.00/\$80.00

Creative Movement

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

Ses	Days & Times	Ages	Mem/Program
Fall I	Friday 10:30-11:15am	2-5	\$50.00/\$80.00
Fall II	Friday 10:30-11:15am	2-5	\$50.00/\$80.00

**NewEastRoomPolicy: Parents may be present in room during the last 5-10 minutes*

Kid's Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 6:30 - 7:15pm	9-12	\$30.00/\$60.00
Fall II	Tuesday 6:30 - 7:15pm	9-12	\$30.00/\$60.00

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 6:30 - 7:15 pm	8-12	\$45.00/\$70.00
Fall II	Monday 6:30 - 7:15 pm	8-12	\$50.00/\$80.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall I (09/06-10/24), Fall III (11/01-12/19)

Sports & Youth Programs

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.

Ses	Days & Times	Ages Mem/Program	
Fall I	Tuesday 5:30 - 6:15 pm	7-12	\$50.00/\$80.00
Fall II	Tuesday 5:30 - 6:15 pm	7-12	\$50.00/\$80.00

Little Kickers Soccer

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	Tuesday 6:30-7:15pm	3-5	\$50.00/\$80.00
Fall II	Tuesday 6:30-7:15pm	3-5	\$50.00/\$80.00

Speed & Agility

Our Speed and Agility class helps children ages 4-12 build coordination, balance, quickness, and confidence in a fun, supportive environment. Through engaging drills and age-appropriate activities, participants improve athletic skills while staying active.

Ses	Days & Times	Ages Mem/Program	
Fall I	Monday 5:30-6:15 pm		\$45.00/\$70.00
Fall II	Monday 5:30-6:15 pm		\$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.

Ses	Days & Times	Ages Mem/Program	
Fall I	Wednesday 6:30 - 7:15pm	7-12	\$50.00/\$80.00
Fall II	Wednesday 6:30 - 7:15pm	7-12	\$50.00/\$80.00

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