



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Fall II (11/01-12/19)

## Sports & Youth Programs

### Volleyball Clinic

| Session | Branch           | Days & Times           | Instructor Name | Ages | Mem/Program     |
|---------|------------------|------------------------|-----------------|------|-----------------|
| Fall II | Kohl Family YMCA | Thursday 5:00pm-5:45pm |                 | 6-12 | \$50.00/\$80.00 |

### Youth Tennis

Our tennis program will teach the basic skills of tennis through drills and fun games. Athletes get an introduction to the sport of tennis and learn different stroke technique, footwork, serving, and more!

| Session | Branch           | Days & Times            | Instructor Name | Ages | Mem/Program     |
|---------|------------------|-------------------------|-----------------|------|-----------------|
| Fall II | Kohl Family YMCA | Tuesday 5:00pm - 5:45pm |                 | 6-12 | \$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 |
| Fall II | Kohl Family YMCA    | Saturday 9:15am - 10:00am |                 | 3-5  | \$50.00/\$80.00 |

### 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.

| Session | Branch           | Days & Times            | Instructor Name | Ages | Mem/Program     |
|---------|------------------|-------------------------|-----------------|------|-----------------|
| Fall II | Kohl Family YMCA | Thursday 6:00 - 6:45 pm |                 | 7-12 | \$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 |



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### 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 |

### 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 Dece |                 | 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 |