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
Winter I	Kohl Family YMCA	Saturday 9:15am-10:00am		3-5	$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
Winter I	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
Winter I	Firestone Park YMCA	Fridays (3-5yrs.) 5:00pm-5:45pm (AT K		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
Winter I	Firestone Park YMCA	Thursday 5:00pm - 5:45pm (AT KOHL FA		3-5	$50.00/$80.00
Winter 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
Winter I	Kohl Family YMCA	Thursday 5:00pm-5:45pm		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
Winter I	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
Winter I	Kohl Family YMCA	Mondays (K-2nd) 5:00pm - 6:00pm		5-8	$90.00/$125.00
Winter I	Kohl Family YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm		8-11	$90.00/$125.00
Winter I	Kohl Family YMCA	Mondays (6th-8th) 7:00pm - 8:00pm		11-14	$90.00/$125.00

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
Winter I	Firestone Park YMCA	Fridays (6-10yrs.) 6:00pm-6:45pm (AT		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
Winter I	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm Ages 6-8 (AT		6-8	$50.00/$80.00
Winter I	Firestone Park YMCA	Thursday 6:00pm - 6:45pm Ages 9-12 (		8-12	$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
Winter I	Firestone Park YMCA	Tuesday 5:00pm - 5:45pm (AT KOHL FA		6-10	$50.00/$80.00
Winter 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
Winter I	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Janu		6-99	$60.00/$90.00
Winter I	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Febr		6-99	$60.00/$90.00

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
Winter I	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, Soc		6-10	$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
Winter II	Kohl Family YMCA	Saturday 9:15am-10:00am		3-5	$60.00/$90.00

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
Winter II	Kohl Family YMCA	Tuesday 5:00pm - 5:45pm		6-12	$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
Winter II	Firestone Park YMCA	Fridays (3-5yrs.) 5:00pm-5:45pm (AT K		3-5	$60.00/$90.00

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
Winter II	Firestone Park YMCA	Thursday 5:00pm - 5:45pm (AT KOHL FA		3-5	$60.00/$90.00
Winter II	Kohl Family YMCA	Wednesday 5:00pm - 5:45pm		3-5	$60.00/$90.00

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
Winter II	Kohl Family YMCA	Thursday 5:00pm-5:45pm		3-5	$60.00/$90.00

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
Winter II	Kohl Family YMCA	Thursday 6:00 - 6:45 pm		7-12	$60.00/$90.00

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
Winter II	Kohl Family YMCA	Mondays (K-2nd) 5:00pm - 6:00pm		5-8	$90.00/$125.00
Winter II	Kohl Family YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm		8-11	$90.00/$125.00
Winter II	Kohl Family YMCA	Mondays (6th-8th) 7:00pm - 8:00pm		11-14	$90.00/$125.00

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
Winter II	Firestone Park YMCA	Fridays (6-10yrs.) 6:00pm-6:45pm (AT		6-10	$60.00/$90.00

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
Winter II	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm Ages 6-8 (AT		6-8	$60.00/$90.00
Winter II	Firestone Park YMCA	Thursday 6:00pm - 6:45pm Ages 9-12 (		8-12	$60.00/$90.00

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
Winter II	Firestone Park YMCA	Tuesday 5:00pm - 5:45pm (AT KOHL FA		6-10	$60.00/$90.00
Winter II	Kohl Family YMCA	Tuesday 6:00pm - 6:45pm		6-10	$6.00/$90.00

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
Winter II	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Marc		6-99	$60.00/$90.00
Winter II	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm April		6-99	$60.00/$90.00

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
Winter II	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, Soc		6-10	$60.00/$90.00