Kohl Family YMCA

Winter I (01/03-02/13)

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 internati

Ses	Days & Times	Ages	Mem/Program
Winter I	Mondays 6:00-6:45pm	12-99	$21.00/$72.00
Winter I	Wednesday 6:00-6:45pm	12-99	$21.00/$72.00

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
Winter I	Thursday 5:15pm - 5:45pm	Max 3	$60.00/$120.00

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
Winter I	Tuesday 5:15 - 5:45 pm	3-5	$60.00/$120.00

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
Winter I	Tuesday 6:00 - 6:30 pm	3-5	$60.00/$120.00

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
Winter I	Saturday 09:00am - 09:30am	6-12	$60.00/$120.00
Winter I	Thursday 06:00pm - 06:30pm	6-12	$60.00/$120.00

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
Winter I	Saturday 09:35am-10:05am	6-12	$60.00/$120.00

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
Winter I	Saturday 10:10am-10:40am	6-12	$60.00/$120.00

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
Winter I	Saturday 10:45am - 11:15am	6-12	$60.00/$120.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Beginner Tuesday 6:40pm-7:10pm	12-99	$60.00/$120.00
Winter I	Beginner Thursday 6:40pm-7:10pm	12-99	$60.00/$120.00

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
Winter I	Wednesday 10:20am - 11:05am	18-99	$27.00/$84.00
Winter I	Wednesday 11:10am - 11:55am	18-99	$27.00/$84.00
Winter I	Friday 10:20am - 11:05am	18-99	$27.00/$84.00
Winter I	Friday 11:10am - 11:55am	18-99	$27.00/$84.00

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Winter I	NOT OFFERED AQUATIC DIRECTOR USE		$175.00/$275.00

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Winter I (01/03-02/13)

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	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!

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:00pm - 5:45pm	6-12	$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
Winter 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
Winter I	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.

Ses	Days & Times	Ages	Mem/Program
Winter I	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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mondays (K-2nd) 5:00pm - 6:00pm	5-8	$90.00/$125.00
Winter I	Mondays (3rd-5th) 6:00pm - 7:00pm	8-11	$90.00/$125.00
Winter I	Mondays (6th-8th) 7:00pm - 8:00pm	11-14	$90.00/$125.00

Youth Soccer

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

Ses	Days & Times	Ages	Mem/Program
Winter 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
Winter I	Wednesday 6:00pm - 6:45pm (Bball, Soc	6-10	$50.00/$80.00