



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Fall II (11/02-12/20)

Sports & Youth Programs

Preschool Gym & Swim

This is a specialty class created for parents and their preschoolers to spend some quality time doing different activities in the gym and swimming together. Parents will need to be in the pool with their child.

Ses	Days & Times	Ages	Mem/Program
Fall II	Fri 11:30 - 12:45pm	3-5	\$50.00/\$80.00

Youth Conditioning

Youth conditioning, focusing on strength, core strength, cardiovascular endurance, and balance.

Ses	Days & Times	Ages	Mem/Program
Fall II	Wed Speed and Agility Fall II	9-18	\$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 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	Mon 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 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	Wed 6pm-7pm & Sat 9am-10am Nov	5-99	\$40.00/\$55.00
Fall II	Wed 6pm-7pm & Sat 9am-10am Dec	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	\$50.00/\$80.00

** Parent/child participation class*

Register Online at [AKRONYMCA.ORG](https://www.AKRONYMCA.ORG)



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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 - December	10-99	\$30.00/\$50.00
Fall II	Thurs 11:15 - 12:15 - November	10-99	\$30.00/\$50.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

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