



# ***FALL I SESSION***

***SEPTEMBER 4<sup>TH</sup>-OCTOBER 22<sup>ND</sup>***

**REGISTRATION**

**BEGINS**

**MEMBERS**

**SUNDAY August 12th**

**PROGRAM MEMBERS**

**THURSDAY August 16th**



The **POOL & SAUNA** will be **CLOSED** for Annual Maintenance from **August 19<sup>th</sup> Thru Sept 3<sup>rd</sup>** and will **reopen Sept 4<sup>th</sup>**.

**Branches that have pools open:**

Lake Anna YMCA - Barberton

Kohl Family YMCA - Akron

Riverfront YMCA – Cuyahoga Falls - August 19th-25 only

Lake Community YMCA – Hartville – Stark



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Green YMCA

2018 - Fall I (Sep 4 - Oct 22)

## Aquatics

### 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.

Days & Times	Ages	Mem/Program
Monday 7:00 - 7:30 pm	Max 3	\$25.00/\$50.00
Tuesday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Wednesday 11:15 - 11:45 am	Max 3	\$25.00/\$50.00
Saturday 8:30 - 9:00am	Max 3	\$25.00/\$50.00

\* Parent/child participation class

### Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Days & Times	Ages	Mem/Program
Monday 6:20 - 6:50 pm	Max 3	\$25.00/\$50.00
Wednesday 11:15 - 11:45 am	Max 3	\$25.00/\$50.00
Thursday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Saturday 11:00 - 11:30 am	Max 3	\$25.00/\$50.00

\* Parent/child participation class

### 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.

Days & Times	Ages	Mem/Program
Monday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Tuesday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Wednesday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
Saturday 10:05 - 10:50 am	3-5	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Monday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Wednesday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Thursday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
Saturday 10:05 - 10:50 am	3-5	\$35.00/\$70.00

### Preschool 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.

Days & Times	Ages	Mem/Program
Monday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Tuesday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Saturday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00

### Preschool 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.

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00

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

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685

### 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.

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Tuesday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Thursday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Thursday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	5-12	\$35.00/\$70.00
Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

### Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Days & Times	Ages	Mem/Program
Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Thursday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Saturday 10:05 - 10:50 am	5-12	\$35.00/\$70.00

### Youth Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Days & Times	Ages	Mem/Program
Thursday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Saturday 11:00 - 11:45 am	5-12	\$35.00/\$70.00

### Pathways Completed All Stages

Must have completed all previous stages 1-6. This class is for the swimmer who wants to continue swimming, but not competitively on swim team. Swimmers will continue to work on endurance and class may add deck exercises.

Days & Times	Ages	Mem/Program
NEXT Saturday 9:10 - 9:55 am	8-18	\$35.00/\$70.00

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Days & Times	Ages	Mem/Program
Wednesday 10:05 - 10:50 am ADULTS ONLY	18-100	\$35.00/\$70.00
Saturday 8:15 - 9:00 am	18-100	\$30.00/\$60.00

### Aqua Aerobics

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 the shallow or deep water of the lap pool.

Days & Times	Ages	Mem/Program
Mon, Wed 5:15 - 6:00 pm	16-99	\$7.00/\$30.00
Tue, Thu 10:00 - 11:00 am	16-99	\$7.00/\$30.00
Tue, Thu 6:30 - 7:30 pm	16-99	\$7.00/\$30.00
Saturday 8:00 - 9:00 am	16-99	\$5.00/\$25.00



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## Aquatics

### Arthritis Exercise

Arthritis Exercise is a low-intensity, low-impact, aquatic exercise class designed to ease the effects of arthritis, back pain, joint problems, Multiple Sclerosis (MS), soft-tissue injury, cardiac issues and obesity.

Days & Times	Ages	Mem/Program
Mon, Wed, Fri 11:00 - 12:00 pm	18-99	\$10.00/\$35.00

### Older Adult Water Exercise

Older Adult Water Exercise Older Adult Water exercise increases range of motion, flexibility and strength while receiving a cardiovascular workout. Swimming skills not required. Recommended for seniors.

Days & Times	Ages	Mem/Program
Mon - Fri 8:00 - 9:00 am	50-99	\$10.00/\$60.00

### Swim Team

Must be enrolled in Summer 1 swim lessons, stage 5 or 6 or next.

Days & Times	Ages	Mem/Program
REQUIRED FALL BOOSTER FEE per swimmer	6-18	\$77.00/\$77.00
Dry Land Conditioning	6-18	\$10.00/\$10.00
High School Weight Training	6-18	\$20.00/\$20.00
FALL 8 & Under	5-8	\$235.00/\$235.00
FALL 8 & Under payments	5-8	\$58.75/\$58.75
FALL Ages 9 & 10	9-10	\$260.00/\$260.00
FALL 9 & 10 payments	9-10	\$65.00/\$65.00
FALL Ages 11 & Up	11-18	\$280.00/\$280.00
FALL 11 & Up payments	11-18	\$70.00/\$70.00
Highschool Preseason	14-18	\$95.00/\$95.00

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## Group Classes

### Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Days & Times	Ages	Mem/Program
Monday 9:30 - 10:15 am	13-99	\$0.00/\$40.00
Wednesday 9:30 - 10:15 am	13-99	\$0.00/\$40.00

### Circuit Interval

This class combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance.

Days & Times	Ages	Mem/Program
Thursday 5:15 - 5:45 pm	13-99	\$0.00/\$40.00

### Core Conditioning

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back, and hip exercises.

Days & Times	Ages	Mem/Program
Monday 5:00 - 5:45 pm	16-99	\$0.00/\$40.00
Wednesday 5:00 - 5:45 pm	16-99	\$0.00/\$40.00

### Country Heat

This country dance-inspired workout is unlike any other workout you've tried. It's so simple and so much fun, you'll always be ready for more. The simple steps and catchy country songs make it a fun-filled, calorie-scorching good time!

Days & Times	Ages	Mem/Program
Monday 6:00 - 6:45 pm	16-99	\$0.00/\$40.00

### 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.

Days & Times	Ages	Mem/Program
Monday 5:30 - 6:15 am	13-99	\$10.00/\$50.00
HIIT/Cycling Tuesday 7:00 - 7:30 pm	13-99	\$10.00/\$50.00
Monday 6:00 - 6:45 pm	13-99	\$10.00/\$50.00
Wednesday 5:30-6:15 am	13-99	\$10.00/\$50.00
Wednesday 6:15 - 7:00 pm	13-99	\$10.00/\$50.00
Wednesday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Friday 9:30 - 10:00 am *Senior Cycle	13-99	\$5.00/\$25.00
Thursday 6:30 - 7:15 pm	13-99	\$10.00/\$50.00
Saturday 8:30 - 9:15 am	13-99	\$10.00/\$50.00

### Golden Rhythms

This class provide modified, low-impact moves for active older adults, and lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating!

Days & Times	Ages	Mem/Program
Friday 9:30-10:15 am	55-99	\$0.00/\$40.00

### Insanity

INSANITY is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned faster. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity exercises with short periods of rest, so you can get crazy-good results.

Days & Times	Ages	Mem/Program
Wednesday 6:00 pm - 6:45 pm	16-99	\$0.00/\$40.00

### Kickboxing Cardio

This total body workout combines boxing, martial arts and aerobics to provide overall physical conditioning and toning. No bags or gloves are used.

Days & Times	Ages	Mem/Program
Thursday 8:30 - 9:15 am	16-108	\$0.00/\$40.00

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## Group Classes

### Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Days & Times	Ages	Mem/Program
Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

### Mommy, Me & Stroller

Fitness for you and bonding time with your child. Class will include walking, stretch moves, and stretching all while allowing you to keep your child with you in a stroller.

Days & Times	Ages	Mem/Program
Monday 11:15 - 12:00 pm		\$0.00/\$40.00
Friday 11:15 - 12:00 pm		\$0.00/\$40.00

### Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Days & Times	Ages	Mem/Program
Tuesday 9:30 - 10:15 am	13-99	\$10.00/\$50.00
Saturday 9:00 - 9:45 am	13-99	\$10.00/\$50.00

### Power Pump

This is a group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.

Days & Times	Ages	Mem/Program
Monday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00
Sunday 12:15 - 1:00 pm	13-99	\$0.00/\$40.00

### SilverSneakers Circuit

Cardio Circuit is designed for seniors who have taken the SilverSneakers Classic class and now feel at ease working out of their comfort zone. SilverSneakers Circuit focuses on strengthening the cardiovascular system.

Days & Times	Ages	Mem/Program
Thursday 8:45 - 9:30 am	50-99	\$0.00/\$40.00

### SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Days & Times	Ages	Mem/Program
Monday & Wednesday 9:30 - 10:15 am	50-99	\$0.00/\$65.00
Tuesday 8:45 - 9:30 am	50-99	\$0.00/\$40.00
Thursday 9:45 - 10:30 am	50-99	\$0.00/\$40.00

### SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Days & Times	Ages	Mem/Program
Monday & Friday 8:30 - 9:15 am	50-99	\$0.00/\$65.00

### Step & Sculpt

Step into a great cardiovascular endurance class using a bench and risers, fun music and a motivational instructor to give you a full body workout that you are sure to love. This class also offers muscle conditioning.

Days & Times	Ages	Mem/Program
Friday 9:30 - 10:15 am	13-99	\$0.00/\$40.00

### Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Days & Times	Ages	Mem/Program
Tuesday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Thursday 9:30 - 10:15 am		\$0.00/\$40.00

### STRONG by Zumba

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, ev

Days & Times	Ages	Mem/Program
Tuesday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00

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## Group Classes

### Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Days & Times	Ages	Mem/Program
Tuesday 9:45 - 10:30 am	13-99	\$0.00/\$40.00
Tuesday 5:00 - 5:45 pm	13-99	\$0.00/\$40.00
Wednesday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00

### Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

Days & Times	Ages	Mem/Program
Tues & Thurs 10:30 - 11:15 am	18-108	\$20.00/\$65.00

### Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Days & Times	Ages	Mem/Program
Monday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Monday 5:30 - 6:15 am	13-99	\$0.00/\$40.00
Monday 11:30 - 12:15 pm	13-99	\$0.00/\$40.00
Wednesday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Wednesday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Thursday 5:30 - 6:15 am	13-99	\$0.00/\$40.00
Thursday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00
Friday 8:30 - 9:15 am	13-99	\$0.00/\$40.00

### Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Days & Times	Ages	Mem/Program
Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Saturday 8:00 - 8:45 am	13-99	\$0.00/\$40.00

### Ashtanga Vinyasa (Yoga)

Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques.

Days & Times	Ages	Mem/Program
Tuesday 5:30 - 6:30 am		\$10.00/\$50.00
Wednesday 5:30 - 6:30 am		\$10.00/\$50.00
Thursday 5:30 - 6:30 am		\$10.00/\$50.00
Vinyasa-Thursday 11:30 am - 12:15 pm		\$10.00/\$50.00

### Zumba

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 international beats. You are sure to burn calories and have fun!

Days & Times	Ages	Mem/Program
Monday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Thursday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Friday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Saturday 10:00 - 10:45 am	13-99	\$0.00/\$40.00

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## Sports & Youth Programs

### Date Night

Date Night allows children to participate in fun physical activities, enjoy a healthy meal and spend time with friends while you enjoy a night out. Child must be potty trained.

Days & Times	Ages	Mem/Program
45 August 5th, 2018 12:30pm-5:30pm	3-12	\$35.00/\$40.00
46 Sept 23th, 2018 12:30pm-5:30pm	3-12	\$35.00/\$45.00

### Tot-Time

This class is designed for parent and young child to encourage movement and dance to the rhythms of music and fun!

Days & Times	Ages	Mem/Program
Monday 10:30am - 11:00am	Max 3	\$0.00/\$40.00
Friday 10:30am - 11:00am	Max 3	\$0.00/\$40.00

### Little Kickers Soccer

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more.

Days & Times	Ages	Mem/Program
Monday 5:00 - 5:45 pm	3-5	\$30.00/\$60.00

*\* Parent/child participation class*

### Little Sluggers T-Ball

The Little Slugger class will teach the basic fundamentals of T-ball; throwing, catching, hitting and teamwork. Kids will spend time working on and improving skills through fun drills and games. Our goal is to have every class outside!

Days & Times	Ages	Mem/Program
Wednesday 5:00 - 5:45 pm	4-6	\$30.00/\$60.00

*\* Parent/child participation class; weather permitting held outside*

### Teen Yoga

Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques. This class is designed for participants ages 10 - 17 years old.

Days & Times	Ages	Mem/Program
Tuesday 6:00 pm - 6:45 pm	10-17	\$0.00/\$40.00
Thursday 6:00 pm - 6:45 pm	10-17	\$0.00/\$40.00

### Tae Kwon Do

Specializing in Olympic style sparring and self-defense using a combination of powerful kicks with the feet and strikes and blocks with hands.

Days & Times	Ages	Mem/Program
Weds 6:00 - 7:00 & Sat 9-10 am-August	5-99	\$40.00/\$55.00
Weds 6:00 - 7:00 & Sat 9-10 am-Sep	5-99	\$40.00/\$55.00

### Wee Tumblers

With parental assistance, Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Days & Times	Ages	Mem/Program
Wednesday 10:45 - 11:15 am	1-3	\$30.00/\$60.00

*\* Parent/child participation class*

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