



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

2018 - Fall I (Sep 4 - Oct 22)

Sports & Youth Programs

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.

Days & Times	Ages	Mem/Program
Mondays 6:00 - 6:45 pm 2nd - 5th Grade	6-11	\$30.00/\$60.00
Mondays 7:00 - 7:45 pm 6th - 8th Grade	12-14	\$30.00/\$60.00

Youth Volleyball Clinic

Developmental class that allows all skill levels to learn the game of volleyball. This clinic works on fundamentals, rules, and games for athletes to grow in the game of volleyball.

Days & Times	Ages	Mem/Program
Thursdays 6:00 - 7:00 pm (Grades 5-8)	10-13	\$30.00/\$60.00
Thursdays 7:15 - 8:15 pm (Grades 9-12)	14-18	\$30.00/\$60.00

Dodgeball

Each week, a different version of dodge ball will be played. Participants will also work on fundamentals such as throwing, catching, and different running techniques.

Days & Times	Ages	Mem/Program
Tuesdays 6:15 - 7:00 pm	10-13	\$10.00/\$25.00

Little Dribblers Basketball

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.

Days & Times	Ages	Mem/Program
Wednesday 5:15 pm - 6:00 pm	3-4	\$30.00/\$60.00

** Parent/child participation class*

Sporties For Shorties

The Sporties for Shorties class will introduce your child to a variety of sports while improving their motor skills and coordination.

Days & Times	Ages	Mem/Program
Tuesdays 5:15 - 6:00 pm	3-5	\$30.00/\$60.00

** Parent/child participation class*

Teen Strength & Conditioning

Teen 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. This class is designed for p

Days & Times	Ages	Mem/Program
Tuesday 5:00 - 5:45 PM	13-17	\$40.00/\$40.00

** June 19 - August 12; 8 week session, no make-ups*

Register Online at AKRONYMCA.ORG