



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Fall I (09/08-10/26)

## Sports & Youth Programs

### Introduction to Youth Boxing

The goal of this program is to help kids build fitness, self-confidence, self-control, discipline, and learn the basics of the sport of boxing and have fun.

Please provide your own boxing gloves and mouth piece.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Monday 5:00pm - 6:00pm	Leland	4-17	\$50.00/\$80.00
Fall I	Kohl Family YMCA	Wednesday 5:00pm - 6:00pm	Leland	4-17	\$50.00/\$80.00
Fall I	Kohl Family YMCA	Monday & Wednesday 5:00pm - 6:00p	Leland	4-17	\$90.00/\$150.00

### 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
Fall I	Kohl Family YMCA	Saturday 10:00am-10:45am		3-5	\$50.00/\$80.00

### Volleyball Clinic

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Tuesday 5:00pm-5:45pm		6-12	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Firestone Park YMCA	Saturday (6-10yrs.) 1:15pm-2:00pm		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
Fall I	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm		6-10	\$50.00/\$80.00
Fall I	Kohl Family YMCA	Monday (K-2nd) 5:00pm - 5:45pm		5-8	\$50.00/\$80.00
Fall I	Kohl Family YMCA	Monday (3rd-5th) 6:00pm - 6:45pm		8-11	\$50.00/\$80.00
Fall I	Kohl Family YMCA	Friday (6th-8th) 5:00pm - 5:45pm		11-14	\$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
Fall I	Firestone Park YMCA	Saturdays (3-5yrs.) 12:30pm-1:15pm		3-5	\$50.00/\$80.00

\*Summer 1 (6/10-7/12, no class on 7/4 - TH class will end 7/18); Summer 2 (7/22-8/23)



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### Flag Football Clinic

Children will learn basic fundamentals of football. Throwing, catching, routing running, defense, and more will be taught through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Firestone Park YMCA	Thursday 6:00 - 6:45 pm		6-10	\$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
Fall I	Firestone Park YMCA	Tuesday 5:00pm - 5:45pm		6-10	\$50.00/\$80.00
Fall I	Kohl Family YMCA	Tuesday 6:00pm - 6:45pm		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
Fall I	Firestone Park YMCA	Wednesday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Fall I	Kohl Family YMCA	Saturday 9:00am-9:45am		3-5	\$50.00/\$80.00

\*Summer 1 (6/10-7/8); Summer 2 (7/22-8/19); Parent participation may be required for some students.

### Sporties For Shorties (ages 3-5)

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
Fall I	Firestone Park YMCA	Thursday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Fall I	Kohl Family YMCA	Wednesday 5:00pm - 5:45pm		3-5	\$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!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, S		6-10	\$50.00/\$80.00