



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Fall II (11/03-12/21)

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 international

Ses	Days & Times	Ages	Mem/Program
Fall II	Mondays 6:00-6:45pm	12-99	\$20.00/\$75.00

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
Fall II	Saturday 09:00am - 09:30am	6-12	\$60.00/\$115.00

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
Fall II	Saturday 09:45am-10:15am	6-12	\$60.00/\$115.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall II	Beginner Saturday 10:30am-11:00am	13-99	\$60.00/\$115.00

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
Fall II	Tuesday 10:20am - 11:05am	18-99	\$25.00/\$90.00
Fall II	Tuesday 11:10am - 11:55am	18-99	\$25.00/\$90.00
Fall II	Thursday 10:20am - 11:05am	18-99	\$25.00/\$90.00
Fall II	Thursday 11:10am - 11:55am	18-99	\$25.00/\$90.00

Register Online at AKRONYMCA.ORG



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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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 5:00pm - 6:00pm	4-17	\$50.00/\$80.00
Fall II	Wednesday 5:00pm - 6:00pm	4-17	\$50.00/\$80.00
Fall II	Monday & Wednesday 5:00pm - 6:00p	4-17	\$90.00/\$150.00

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).

Ses	Days & Times	Ages	Mem/Program
Fall II	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!

Ses	Days & Times	Ages	Mem/Program
Fall II	Wednesday 6:00pm - 6:45pm (Bball, S	6-10	\$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
Fall II	Mondays (K-2nd) 5:00pm - 6:00pm	5-8	\$80.00/\$110.00
Fall II	Mondays (3rd-5th) 6:00pm - 7:00pm	8-11	\$80.00/\$110.00
Fall II	Mondays (6th-8th) 7:00pm - 8:00pm	11-14	\$80.00/\$110.00

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