



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Fall I (09/08-10/26), 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 internati

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Mondays 6:00-6:45pm		12-99	\$20.00/\$75.00
Fall II	Kohl Family YMCA	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Saturday 09:00am - 09:30am	Alex	6-12	\$60.00/\$115.00
Fall II	Kohl Family YMCA	Saturday 09:00am - 09:30am	Alex	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Saturday 09:45am-10:15am	Alex	6-12	\$60.00/\$115.00
Fall II	Kohl Family YMCA	Saturday 09:45am-10:15am	Alex	6-12	\$60.00/\$115.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Beginner Saturday 10:30am-11:00am	Alex	13-99	\$60.00/\$115.00
Fall II	Kohl Family YMCA	Beginner Saturday 10:30am-11:00am	Alex	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Tuesday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Fall I	Kohl Family YMCA	Tuesday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00
Fall I	Kohl Family YMCA	Thursday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Fall I	Kohl Family YMCA	Thursday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00
Fall II	Kohl Family YMCA	Tuesday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Fall II	Kohl Family YMCA	Tuesday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00
Fall II	Kohl Family YMCA	Thursday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Fall II	Kohl Family YMCA	Thursday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00

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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.

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 - 6:00pm	Leland	4-17	\$90.00/\$150.00
Fall II	Kohl Family YMCA	Monday 5:00pm - 6:00pm	Leland	4-17	\$50.00/\$80.00
Fall II	Kohl Family YMCA	Wednesday 5:00pm - 6:00pm	Leland	4-17	\$50.00/\$80.00
Fall II	Kohl Family YMCA	Monday & Wednesday 5:00pm - 6:00pm	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

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	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

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	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	Kohl Family YMCA	Saturday 9:00am-9:45am		3-5	\$50.00/\$80.00

* Parent participation may be required for some students.

Register Online at AKRONYMCA.ORG

(330) 434-9622

477 E. Market Street, Akron, OH 44304



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Sports & Youth Programs

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	Kohl Family YMCA	Wednesday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Fall II	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, Soc		6-10	\$50.00/\$80.00
Fall II	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, Soc		6-10	\$50.00/\$80.00

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