



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Firestone Park YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

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
Fall II	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 II	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm		6-10	\$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
Fall II	Firestone Park YMCA	Saturdays (3-5yrs.) 12:30pm-1:15pm		3-5	\$50.00/\$80.00

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
Fall II	Firestone Park YMCA	Thursday 6:00 - 6:45 pm		6-10	\$45.00/\$75.00

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 II	Firestone Park YMCA	Tuesday 5:00pm - 5:45pm		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 II	Firestone Park YMCA	Wednesday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00

* Parent participation may be required for some students.

Register Online at AKRONYMCA.ORG

(330) 724-1255

350 E. Wilbeth Road, Akron, OH 44301



FOR YOUTH DEVELOPMENT
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Firestone Park YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

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	Firestone Park YMCA	Thursday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Fall II	Firestone Park YMCA	Thursday 5:00pm - 5:45pm		3-5	\$45.00/\$75.00

Register Online at AKRONYMCA.ORG

(330) 724-1255

350 E. Wilbeth Road, Akron, OH 44301



FOR YOUTH DEVELOPMENT
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Green YMCA
Fall I (09/08-10/26), Fall II (11/03-12/21)
Sports & Youth Programs

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	Green YMCA	Saturday 10:00am - 10:45am - ages 6-		6-9	\$50.00/\$80.00
Fall II	Green YMCA	Saturday 10:00am - 10:45am - ages 6-		6-9	\$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	Green YMCA	Tuesday 5:00 - 5:45 pm ages 6-9		6-9	\$50.00/\$80.00
Fall I	Green YMCA	Tuesday 6:00 - 6:45 pm ages 10-12		10-12	\$50.00/\$80.00
Fall II	Green YMCA	Tuesday 5:00 - 5:45 pm ages 6-9		6-9	\$50.00/\$80.00
Fall II	Green YMCA	Tuesday 6:00 - 6:45 pm ages 10-12		10-12	\$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	Green YMCA	Thursday 5:00pm - 5:45pm - ages 3-5		3-5	\$50.00/\$80.00
Fall II	Green YMCA	Thursday 5:00pm - 5:45pm - ages 3-5		3-5	\$43.00/\$69.00

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	Green YMCA	Thursday 5:00pm - 5:45pm - ages 6-9		6-9	\$50.00/\$80.00
Fall I	Green YMCA	Thursday 6:00pm - 6:45pm - ages 10-12		10-12	\$50.00/\$80.00
Fall II	Green YMCA	Thursday 5:00pm - 5:45pm - ages 6-9		6-9	\$43.00/\$69.00
Fall II	Green YMCA	Thursday 6:00pm - 6:45pm - ages 10-12		10-12	\$43.00/\$69.00

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).

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Wednesday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Fall II	Green YMCA	Wednesday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



FOR YOUTH DEVELOPMENT
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Green YMCA
Fall I (09/08-10/26), Fall II (11/03-12/21)
Sports & Youth Programs

Tae Kwon Do

Youth Tae Kwon Do will offer participants the opportunity to learn specialized skills and knowledge. This is a basic class that will help participants develop as they move forward.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Weds 6:00 - 7:00 & Sat 9-10 am Octob		5-99	\$40.00/\$55.00
Fall I	Green YMCA	Weds 6:00 - 7:00 & Sat 9-10 am Septe		5-99	\$40.00/\$55.00
Fall II	Green YMCA	Weds 6:00 - 7:00 & Sat 9-10 am Dece		5-99	\$40.00/\$55.00
Fall II	Green YMCA	Weds 6:00 - 7:00 & Sat 9-10 am Nove		5-99	\$40.00/\$55.00

Wee Movement

Formally "Wee-tumblers". This engaging class focuses on developing children's fine motor skills and sensory abilities through interactive play. Sensory play, including tactile and auditory exercises, further supports sensory processing and exploration in a fun, supportive environment.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Thursday 10:15am - 11:00am		1-3	\$43.00/\$69.00
Fall II	Green YMCA	Thursday 10:15am - 11:00am		1-3	\$43.00/\$69.00

* Parent/child participation class

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
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Kohl Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

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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Kohl Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

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

Register Online at AKRONYMCA.ORG



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Lake Anna YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Group Classes

Empower

This is a women's weight lifting program lead by a personal trainer designed to build strength and confidence. Class meets in a group setting in our multipurpose room.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Empower - Fall 1	Richelle	16-99	\$60.00/\$90.00
Fall II	Lake Anna YMCA	Empower - Fall 2	Richelle	16-99	\$60.00/\$90.00

Register Online at AKRONYMCA.ORG

(330) 745-9622

500 W. Hopocan Ave., Barberton, OH 44203



FOR YOUTH DEVELOPMENT
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Lake Anna YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

Cheer Clinic

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Mondays (K-2nd): 5:15pm-6:00pm	Miss Victoria		\$50.00/\$80.00
Fall I	Lake Anna YMCA	Mondays (K-2nd): 6:15pm-7:00pm	Miss Victoria		\$50.00/\$80.00

Pickleball League

This league will be played in a round robin format. Participants will sign up individually, no partner required. Skill level of 3.5 or lower are welcome. If you do not know your skill level in DUPR, please select 3.0.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	- Thursday 6:00 - 8:00pm	Keith Starcher	16-99	\$30.00/\$60.00
Fall II	Lake Anna YMCA	- Thursday 6:00 - 8:00pm	Kathy Bean	16-99	\$30.00/\$60.00

Volleyball Clinic

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Wednesdays (3rd-5th) 6:00pm-6:45pm	Miss Makayla		\$50.00/\$80.00
Fall II	Lake Anna YMCA	Wednesdays (3rd-5th) 5:00pm-6:00pm	Miss Makayla		\$65.00/\$95.00

Intermediate Tumbling

This class will work on perfecting cartwheels, bridges and rolls, as we strengthen handstands and round offs. This class will also cover basic drills for walkovers and handspings.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Thursdays 5:15pm-6:00pm	Miss Victoria	7-11	\$50.00/\$80.00
Fall II	Lake Anna YMCA	Thursdays 5:15pm-6:00pm	Miss Victoria	7-11	\$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	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm	Miss Victoria	6-8	\$50.00/\$80.00
Fall II	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm	Miss Victoria	6-8	\$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	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm	Miss Victoria	3-5	\$50.00/\$80.00
Fall II	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm	Miss Victoria	3-5	\$50.00/\$80.00

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Lake Anna YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Mondays (K-2nd): 5:00pm-5:45pm	Coach Chris		\$50.00/\$80.00
Fall I	Lake Anna YMCA	Mondays (3rd-5th): 6:00pm-6:45pm	Coach Chris		\$50.00/\$80.00
Fall I	Lake Anna YMCA	Tuesdays (6th-8th): 5:00pm-6:00pm	Coach Chris		\$50.00/\$80.00
Fall I	Lake Anna YMCA	Tuesdays (High School): 6:00pm-7:00pm	Coach Chris		\$50.00/\$80.00

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Riverfront Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Group Classes

Aqua Barre

Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back, and hips.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Wednesday 11:45-12:30pm	Sandy	16-99	\$20.00/\$75.00
Fall II	Riverfront Family YMCA	Wednesday 11:45-12:30pm	Sandy	16-99	\$20.00/\$75.00

Register Online at AKRONYMCA.ORG

(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221



FOR YOUTH DEVELOPMENT
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Riverfront Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

Gymnastics - Advanced

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 6:30pm-8:00pm		6-17	\$80.00/\$110.00
Fall I	Riverfront Family YMCA	Saturday 11:00am-12:30pm		6-17	\$80.00/\$110.00
Fall II	Riverfront Family YMCA	Monday 6:30pm-8:00pm		6-17	\$80.00/\$110.00
Fall II	Riverfront Family YMCA	Saturday 11:00am-12:30pm		6-17	\$80.00/\$110.00

PE for Pee Wees

Your child (ren) will have the opportunity to join us in our gymnasium to play classic PE games! Enjoy this upbeat and exciting time by being active and having fun! Ages 3 - 5 years old.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 5:00 - 5:45pm		3-5	\$50.00/\$80.00
Fall I	Riverfront Family YMCA	Thursday 6:00 - 6:45pm		3-5	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Monday 5:00 - 5:45pm		3-5	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Thursday 5:00 - 5:45pm (6 weeks only)		3-5	\$45.00/\$75.00

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	Riverfront Family YMCA	Monday 6:00 - 6:45pm		3-5	\$50.00/\$80.00
Fall I	Riverfront Family YMCA	Thursday 5:00 - 5:45pm		3-5	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Monday 6:00 - 6:45pm		3-5	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Thursday 6:00 - 6:45pm (6 weeks only)		3-5	\$45.00/\$75.00

Basketball - Youth (ages 6-8)

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Wednesday 8:00 - 8:45pm		6-8	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Wednesday 8:00 - 8:45pm		6-8	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Saturday 10:00 - 10:45pm		6-8	\$50.00/\$80.00

Basketball - Youth (ages 9-12)

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 8:00 - 8:45pm		6-8	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Wednesday 8:00 - 8:45pm		9-12	\$50.00/\$80.00

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Riverfront Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

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	Riverfront Family YMCA	Monday 4:00pm-5:00pm		5-17	\$75.00/\$105.00

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	Riverfront Family YMCA	Wednesday 5:30pm - 6:15pm		3-4	\$55.00/\$90.00
Fall I	Riverfront Family YMCA	Saturday 9:00am - 9:45am		3-4	\$55.00/\$90.00
Fall I	Riverfront Family YMCA	Saturday 11:30am - 12:15pm		3-4	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Wednesday 5:30pm - 6:15pm		3-4	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Saturday 9:00am - 9:45am		3-4	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Saturday 11:30am - 12:15pm		3-4	\$55.00/\$90.00

Gymnastics - Wee Tumblers

Parent and child interactive class with an open-gym style organization. Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Tuesday 10:30am-11:15am		1-3	\$55.00/\$90.00
Fall I	Riverfront Family YMCA	Saturday 10:45am-11:30am		1-3	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Monday 4:00pm-5:00pm		1-3	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Tuesday 10:30am-11:15am		1-3	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Saturday 10:45am-11:30am		1-3	\$55.00/\$90.00

Gymnastics - Elite

The fourth, and last progressive gymnastics class offered. Elite is the next step after testing out of the Advanced class. The Elite class is a progressed version after the Advanced class where previously learned skills are scaled to be more challenging as the gymnasts learn to refine & polish their skills as well as their independence in performing them. The gymnasts will also learn some additional new skills to introduce and prepare them for the next step, which is Pre-Team.

Skills Taught: gymnastics vaults, drilling, perfecting technique & form (vault), glide swings, pullovers, bigger bar casting, circling, squat-on (bars), jumps & connections, turns & leaps, handstands, dismounts (beam), jump connections, leaps, rolls, handstands, kick-overs, round-offs, backhandspring, increased & maintained strength, flexibility, coachability, concentration, focus, responsibility, etc.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Wednesday 6:30pm-8:00pm		6-17	\$80.00/\$110.00
Fall II	Riverfront Family YMCA	Wednesday 6:30pm-8:00pm		6-17	\$80.00/\$110.00

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Riverfront Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

Gymnastics - Intermediate

The second progressive gymnastics class offered. Intermediate is the next step after testing out the Beginners class, unless the gymnast has prior experience from another gym (contact Gymnastics Coordinator to schedule an evaluation for placement). The Intermediate class is an advancement of the basic skills taught in Beginners. The events and skills learned will be progressed in addition to the introduction of new skills on all 4 events.

Skills Taught: running & jumping form, vaulting technique and power (vault), hanging shape strength, bar holds, movements & circling skills (bars), advanced balancing holds, jumping shapes, advanced beam movements, handstand intro (beam), jumping shapes, turns, rolls, kick-overs, handstands, cartwheels, round-off intro (floor), strength, flexibility, listening, coachability, etc.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 7:00pm - 8:00pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Wednesday 4:30pm - 5:30pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Wednesday 5:30pm - 6:30pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Saturday 9:45am - 10:45am		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Monday 7:00pm - 8:00pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Wednesday 4:30pm - 5:30pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Wednesday 5:30pm - 6:30pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Saturday 9:45am - 10:45am		5-17	\$75.00/\$105.00

Gymnastics - Beginners

The first level of progressive gymnastics classes offered. The first class for all children 5 years old and above who have never taken gymnastics. Beginners is an introduction of basic gymnastics skills, flexibility, and strength on all 4 events (Vault, Bars, Beam, Floor).

Skills Taught: running & jumping form (vault), hanging shapes, bar holds & movements (bars), balancing holds, movements, & jumps (beam), jumping shapes, rolls, handstands, cartwheels (floor), strength, flexibility, listening, etc.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 5:00pm-6:00pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Monday 6:00pm-7:00pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Wednesday 4:30pm-5:30pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Wednesday 6:30pm-7:30pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Saturday 9:45am-10:45am		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Saturday 12:15pm-1:15pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Monday 5:00pm-6:00pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Monday 6:00pm-7:00pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Wednesday 4:30pm-5:30pm -		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Wednesday 6:30pm-7:30pm -		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Saturday 9:45am-10:45am		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Saturday 12:15pm-1:15pm		5-17	\$75.00/\$105.00

Karate - Youth

Karate class is designed for children to learn confidence, self-discipline and respect from a Black Belt instructor while in a fun environment. Karate is a unique form of physical activity using movements and exercises that are excellent for personal health.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Tuesday 6:00 - 7:00pm		6-12	\$65.00/\$85.00
Fall II	Riverfront Family YMCA	Tuesday 6:00 - 7:00pm		6-12	\$65.00/\$85.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

Arts & Crafts

This parent-child class will enable you to enjoy arts and crafts experiences without a mess at home and with a guide! Bring a "paint shirt" to class each week and come excited to make fun arts and crafts with your child, helping him/her learn scissor skills as well as many other fine motor skills each week! Each class will include a story that relates to the craft and all supplies.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 9:30 - 10:15 am		1-5	\$45.00/\$75.00
Fall II	Wadsworth YMCA	Tuesday 9:30 - 10:15 am		1-5	\$45.00/\$75.00

Men's 40 & Over Basketball League

Stay active and enroll in our men's basketball league. Leagues are open to all skill levels and provide an opportunity to play in a competitive and professionally managed environment. Players sign up as individuals and teams will be assigned.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 6:00 - 9:00pm		40-99	\$125.00/\$125.00

Beginner Volleyball

Come practice some gross motor skills, move around, learn the very basics of volleyball, and most of all have fun!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		5-8	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		5-8	\$50.00/\$80.00

Creative Movement

Creative movement is a fun class filled with fun music and continuous movement! Sing, march and jump!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Friday 10:30 - 11:15 am		2-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Friday 10:30 - 11:15 am		2-5	\$50.00/\$80.00

**New East Room Policy: Parents may be present in room during the last 5-10 minutes*

Dance Variety

This unique dance class will incorporate classes of ballet, classes of tap dance and classes of jazz. Our goal is to allow each participant to gain the opportunity to learn and develop skills in a variety of dance.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		6-10	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		6-10	\$50.00/\$80.00

Discovering Art

Children will learn and practice basic art skills related to a variety of artists. Artwork will be taken home with them each week.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		6-12	\$45.00/\$75.00
Fall II	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		6-12	\$45.00/\$75.00

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(330) 334-9622

623 School Drive, Wadsworth, OH 44281



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

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	Wadsworth YMCA	Monday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		3-5	\$43.00/\$69.00

Gymnastics - Wee Tumblers

Parent and child interactive class with an open-gym style organization. Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		1-3	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Friday 9:30 - 10:15 am		1-3	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		1-3	\$43.00/\$69.00
Fall II	Wadsworth YMCA	Friday 9:30 - 10:15 am		1-3	\$50.00/\$80.00

Kid's Strength & Conditioning

Kid's 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		8-12	\$30.00/\$60.00
Fall II	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		8-12	\$26.00/\$52.00

Kid's Stretch & Relax

Kids learn to stretch and release tension in a fun and safe environment. We will meditate, balance, breathe, and build strength using yoga type poses.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		7-12	\$30.00/\$60.00
Fall II	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		7-12	\$26.00/\$52.00

Little Dribblers

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	Wadsworth YMCA	Tuesday 5:00 - 5:45 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 6:30 - 7:15 pm		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.

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

Little Kickers Soccer

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	Wadsworth YMCA	Thursday 6:30-7:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Thursday 6:30-7:15 pm		3-5	\$43.00/\$69.00

**Parent participation may be required for some students*

Pickleball 101

Pickleball 101 will teach participants the basic skills and knowledge to move forward with confidence in this rapidly growing sport! Pickleball paddles will be provided.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 6:30 - 7:15 pm		8-12	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 6:30 - 7:15 pm		8-12	\$50.00/\$80.00

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).

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00

Volleyball Class

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		7-12	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		7-12	\$50.00/\$80.00

Youth Basketball

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tues. 7:00 - 7:45 pm		6-8	\$50.00/\$80.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

Youth Wrestling

This opportunity allows youth to work with premier wrestling coaches. Program includes: Developing skills to become better overall athletes. Promotes teamwork, self-discipline, and wrestling techniques. Focus on tumbles, footwork drills, rules, and fundamentals along with pinning combination, escapes, and key nutrition components. This class is for boys grades 1st - 6th grade.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Mondays & Thursdays 6:00 - 7:00 pm		5-12	\$40.00/\$40.00

* October 14 - October 31; 6 total classes

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	Wadsworth YMCA	Tuesday 6:00 - 6:45 pm		9-12	\$50.00/\$80.00

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