



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/05-02/15)
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
Winter I	Kohl Family YMCA	Monday 5:00pm - 6:00pm	Leland	4-17	\$50.00/\$80.00
Winter I	Kohl Family YMCA	Wednesday 5:00pm - 6:00pm	Leland	4-17	\$50.00/\$80.00
Winter I	Kohl Family YMCA	Monday & Wednesday 5:00pm - 6:00p	Leland	4-17	\$90.00/\$150.00

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
Winter 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
Winter I	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm		6-10	\$50.00/\$80.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Kohl Family YMCA	Mondays (K-2nd) 5:00pm - 6:00pm		5-8	\$80.00/\$110.00
Winter I	Kohl Family YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm		8-11	\$80.00/\$110.00
Winter I	Kohl Family YMCA	Mondays (6th-8th) 7:00pm - 8:00pm		11-14	\$80.00/\$110.00

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
Winter I	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
Winter I	Firestone Park YMCA	Thursday 6:00 - 6:45 pm		6-10	\$50.00/\$80.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/05-02/15)
Sports & Youth Programs

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
Winter I	Firestone Park YMCA	Tuesday 5:00pm - 5:45pm		6-10	\$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
Winter I	Firestone Park YMCA	Thursday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Winter I	Kohl Family YMCA	Wednesday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00

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
Winter I	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Ja		7-99	\$50.00/\$80.00
Winter I	Firestone Park YMCA	Weds 5pm-6pm & Sat 11am-12pm Fe		7-99	\$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
Winter I	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, S		6-10	\$50.00/\$80.00