



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 |



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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 |



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Kohl Family YMCA

Winter II (02/23-04/12)

Sports & Youth Programs

Introduction to Youth Boxing

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