



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Winter I (01/01-02/15)

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Mondays 6:00-6:45pm	12-99	\$17.00/\$65.00
Winter I	Wednesday 6:00-6:45pm	12-99	\$17.00/\$65.00

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
Winter I	Saturday 09:00am - 09:30am	6-12	\$52.00/\$100.00
Winter I	Tuesday 05:15pm - 05:45m	6-12	\$52.00/\$100.00

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
Winter I	Saturday 09:45am-10:15am	6-12	\$52.00/\$100.00
Winter I	Tuesday 6:00pm-6:30pm	6-12	\$52.00/\$100.00

Youth Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 10:30am-11:00am	6-12	\$52.00/\$100.00

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:00pm - 6:30pm	Max 3	\$52.00/\$100.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Beginner Monday 5:15pm-5:45pm	13-99	\$52.00/\$100.00

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
Winter I	Tuesday 10:20am - 11:05am	18-99	\$20.00/\$75.00
Winter I	Tuesday 11:10am - 11:55am	18-99	\$20.00/\$75.00
Winter I	Thursday 10:20am - 11:05am	18-99	\$20.00/\$75.00
Winter I	Thursday 11:10am - 11:55am	18-99	\$20.00/\$75.00



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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.

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

Basketball League

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

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

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
Winter I	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
Winter I	Wednesday 6:00pm - 6:45pm (Bball, S	6-10	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG