



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Wadsworth YMCA	Tuesday 9:30 - 10:15 am		1-5	\$30.00/\$60.00
Winter I	Wadsworth YMCA	Tuesday 9:30 - 10:15 am		1-5	\$30.00/\$60.00

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

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
Winter II	Lake Anna YMCA	- Thursday 6:00 - 8:00pm	Kathy Bean	18-99	\$30.00/\$60.00
Winter I	Lake Anna YMCA	- Thursday 6:00 - 8:00pm	Keith Starcher	18-99	\$30.00/\$60.00

Volleyball Clinic

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Lake Anna YMCA	Fridays (4th-8th) 5:00pm-6:00pm			\$65.00/\$95.00

Youth Conditioning

Youth conditioning, focusing on strength, core strength, cardiovascular endurance, and balance.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Green YMCA	Speed and Agility - Wed 3:00pm - 3:45	Troy Brummond	9-18	\$70.00/\$100.00
Winter I	Green YMCA	Speed and Agility - Wed 3:00pm - 3:45	Troy Brummond	9-18	\$70.00/\$100.00



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Winter I (01/01-02/15), Winter II (02/22-04/12)

Sports & Youth Programs

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
Winter II	Lake Anna YMCA	Thursdays 5:15pm-6:00pm	Miss Victoria	7-11	\$50.00/\$80.00
Winter I	Lake Anna YMCA	Thursdays 5:15pm-6:00pm	Miss Victoria	7-11	\$50.00/\$80.00

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
Winter II	Riverfront Family YMCA	Thursday 5:00 - 5:45pm		3-5	\$50.00/\$80.00
Winter II	Wadsworth YMCA	Tuesday 6:00 - 6:45 pm		3-5	\$50.00/\$80.00
Winter I	Riverfront Family YMCA	Monday 7:00 - 7:45pm		3-5	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Tuesday 6:00 - 6:45 pm		3-5	\$50.00/\$80.00

Parent participation may be required for some students.

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
Winter I	Riverfront Family YMCA	Wednesday 8:00 - 8:45pm		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
Winter I	Riverfront Family YMCA	Monday 8:00 - 8:45pm		9-12	\$50.00/\$80.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

Sports & Youth Programs

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 II	Green YMCA	Kg and 1st Grade Mon 5:15 - 6:15		4-6	\$90.00/\$120.00
Winter II	Green YMCA	Kg and 1st Grade - Tuesday 5:15 - 6:1		4-7	\$90.00/\$120.00
Winter II	Green YMCA	2nd and 3rd Grade Mon 6:30 - 7:30		7-9	\$90.00/\$120.00
Winter II	Green YMCA	2nd and 3rd Grade Thurs 5:15 - 6:15		7-9	\$90.00/\$120.00
Winter II	Green YMCA	4th to 5th Grade Thurs 6:30-7:30		9-11	\$90.00/\$120.00
Winter II	Green YMCA	4th to 5th Grade Weds 5:00-5:55		9-11	\$90.00/\$120.00
Winter II	Green YMCA	6th to 8th Grade Tues 6:30 - 7:30		11-14	\$90.00/\$120.00
Winter II	Green YMCA	6th to 8th Grade Weds 7:15 - 8:15		11-14	\$90.00/\$120.00
Winter II	Kohl Family YMCA	Mondays (K-2nd) 5:00pm - 6:00pm		5-8	\$80.00/\$110.00
Winter II	Kohl Family YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm		8-11	\$80.00/\$110.00
Winter II	Kohl Family YMCA	Mondays (6th-8th) 7:00pm - 8:00pm		11-14	\$80.00/\$110.00
Winter II	Lake Anna YMCA	Mondays (K-2nd) 5:00pm - 5:45pm	Coach Chris		\$80.00/\$110.00
Winter II	Lake Anna YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm	Coach Chris		\$80.00/\$110.00
Winter II	Lake Anna YMCA	Tuesdays (6th-8th) 5:00pm - 6:00pm	Coach Chris		\$80.00/\$110.00
Winter II	Lake Anna YMCA	Tuesdays (High School) 6:00pm - 7:00	Coach Chris		\$80.00/\$110.00
Winter II	Riverfront Family YMCA	Rookies K - 1st		5-7	\$80.00/\$110.00
Winter II	Riverfront Family YMCA	Winners 2nd - 3rd		7-9	\$80.00/\$110.00
Winter II	Riverfront Family YMCA	Champions 4th - 6th		9-12	\$80.00/\$110.00
Winter I	Green YMCA	Kg and 1st Grade Mon 5:15 - 6:15		4-6	\$90.00/\$120.00
Winter I	Green YMCA	Kg and 1st Grade - Tuesday 5:15 - 6:1		4-7	\$90.00/\$120.00
Winter I	Green YMCA	2nd and 3rd Grade Mon 6:30 - 7:30		7-9	\$90.00/\$120.00
Winter I	Green YMCA	2nd and 3rd Grade Thurs 5:15 - 6:15		7-9	\$90.00/\$120.00
Winter I	Green YMCA	4th to 5th Grade Thurs 6:30-7:30		9-11	\$90.00/\$120.00
Winter I	Green YMCA	4th to 5th Grade Weds 5:00-5:55		9-11	\$90.00/\$120.00
Winter I	Green YMCA	6th to 8th Grade Tues 6:30 - 7:30		11-14	\$90.00/\$120.00
Winter I	Green YMCA	6th to 8th Grade Weds 7:15 - 8:15		11-14	\$90.00/\$120.00
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
Winter I	Lake Anna YMCA	Mondays (K-2nd) 5:00pm - 5:45pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Tuesdays (6th-8th) 5:00pm - 6:00pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Tuesdays (High School) 6:00pm - 7:00	Coach Chris		\$80.00/\$110.00



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Winter I (01/01-02/15), Winter II (02/22-04/12)

Sports & Youth Programs

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
Winter II	Riverfront Family YMCA	Monday 4:00pm-4:45pm		1-3	\$55.00/\$90.00
Winter II	Riverfront Family YMCA	Tuesday 10:30am-11:15am		1-3	\$55.00/\$90.00
Winter II	Riverfront Family YMCA	Saturday 10:45am-11:30am		1-3	\$55.00/\$90.00
Winter II	Wadsworth YMCA	Monday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Winter II	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Winter II	Wadsworth YMCA	Friday 9:30 - 10:15 am		1-3	\$50.00/\$80.00
Winter I	Riverfront Family YMCA	Monday 4:00pm-4:45pm		1-3	\$55.00/\$90.00
Winter I	Riverfront Family YMCA	Tuesday 10:30am-11:15am		1-3	\$55.00/\$90.00
Winter I	Riverfront Family YMCA	Saturday 10:45am-11:30am		1-3	\$55.00/\$90.00
Winter I	Wadsworth YMCA	Monday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Friday 9:30 - 10:15 am		1-3	\$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
Winter II	Firestone Park YMCA	Saturdays (3-5yrs.) 12:30pm-1:15pm		3-5	\$50.00/\$80.00
Winter II	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm	Miss Victoria	3-5	\$50.00/\$80.00
Winter II	Riverfront Family YMCA	Wednesday 5:30pm - 6:15pm		3-4	\$55.00/\$90.00
Winter II	Riverfront Family YMCA	Thursday 10:30am - 11:15am		3-4	\$55.00/\$90.00
Winter II	Riverfront Family YMCA	Saturday 9:00am - 9:45am		3-4	\$55.00/\$90.00
Winter II	Riverfront Family YMCA	Saturday 11:30am - 12:15pm		3-4	\$55.00/\$90.00
Winter II	Wadsworth YMCA	Tuesday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00
Winter II	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00
Winter I	Firestone Park YMCA	Saturdays (3-5yrs.) 12:30pm-1:15pm		3-5	\$50.00/\$80.00
Winter I	Green YMCA	Tuesday 5:00pm-5:45pm Ages 3-5		3-5	\$50.00/\$80.00
Winter I	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm	Miss Victoria	3-5	\$50.00/\$80.00
Winter I	Riverfront Family YMCA	Wednesday 5:30pm - 6:15pm		3-4	\$55.00/\$90.00
Winter I	Riverfront Family YMCA	Thursday 10:30am - 11:15am		3-4	\$55.00/\$90.00
Winter I	Riverfront Family YMCA	Saturday 9:00am - 9:45am		3-4	\$55.00/\$90.00
Winter I	Riverfront Family YMCA	Saturday 11:30am - 12:15pm		3-4	\$55.00/\$90.00
Winter I	Wadsworth YMCA	Tuesday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

Sports & Youth Programs

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
Winter II	Riverfront Family YMCA	Monday 5:00pm-6:00pm		5-17	\$75.00/\$105.00
Winter II	Riverfront Family YMCA	Monday 6:00pm-7:00pm		5-17	\$75.00/\$105.00
Winter II	Riverfront Family YMCA	Wednesday 4:30pm-5:30pm		5-17	\$75.00/\$105.00
Winter II	Riverfront Family YMCA	Wednesday 6:30pm-7:30pm		5-17	\$75.00/\$105.00
Winter II	Riverfront Family YMCA	Saturday 9:45am-10:45am		5-17	\$75.00/\$105.00
Winter II	Riverfront Family YMCA	Saturday 12:15pm-1:15pm		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Monday 5:00pm-6:00pm		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Monday 6:00pm-7:00pm		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Wednesday 4:30pm-5:30pm		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Wednesday 6:30pm-7:30pm		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Saturday 9:45am-10:45am		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Saturday 12:15pm-1:15pm		5-17	\$75.00/\$105.00

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
Winter II	Riverfront Family YMCA	Monday 7:00pm - 8:00pm		5-17	\$75.00/\$105.00
Winter II	Riverfront Family YMCA	Wednesday 4:30pm - 5:30pm		5-17	\$75.00/\$105.00
Winter II	Riverfront Family YMCA	Wednesday 5:30pm - 6:30pm		5-17	\$75.00/\$105.00
Winter II	Riverfront Family YMCA	Saturday 9:45am - 10:45am		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Monday 7:00pm - 8:00pm		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Wednesday 4:30pm - 5:30pm		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Wednesday 5:30pm - 6:30pm		5-17	\$75.00/\$105.00
Winter I	Riverfront Family YMCA	Saturday 9:45am - 10:45am		5-17	\$75.00/\$105.00

Gymnastics - Advanced

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



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

Sports & Youth Programs

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
Winter II	Riverfront Family YMCA	Wednesday 6:30pm-8:00pm		6-17	\$80.00/\$110.00
Winter I	Riverfront Family YMCA	Wednesday 6:30pm-8:00pm		6-17	\$80.00/\$110.00

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
Winter II	Riverfront Family YMCA	Tuesday 6:00 - 7:00pm		6-12	\$65.00/\$85.00
Winter I	Riverfront Family YMCA	Tuesday 6:00 - 7:00pm		6-12	\$65.00/\$85.00

Rock Wall 101

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Wednesday 5:00pm - 5:45pm Winter II	Bryce Sharpe	4-99	\$0.00/\$35.00
Winter II	Riverfront Family YMCA	Wednesday 6:00pm -6:45pm Winter II	Bryce Sharpe	4-99	\$0.00/\$35.00
Winter II	Riverfront Family YMCA	Wednesday 7:00pm -7:45pm Winter II	Bryce Sharpe	4-99	\$0.00/\$35.00
Winter II	Riverfront Family YMCA	Saturday 9:00am - 9:45am Winter II	Bryce Sharpe	4-99	\$0.00/\$35.00
Winter II	Riverfront Family YMCA	Saturday 10:00am - 10:45am Winter II	Bryce Sharpe	4-99	\$0.00/\$35.00
Winter II	Riverfront Family YMCA	Saturday 11:00am - 11:45am Winter II	Bryce Sharpe	4-99	\$0.00/\$35.00
Winter I	Riverfront Family YMCA	Wednesday 5:00pm - 5:45pm Winter I	Bryce Sharpe	4-99	\$0.00/\$35.00
Winter I	Riverfront Family YMCA	Wednesday 6:00pm - 6:45pm Winter I	Bryce Sharpe	4-99	\$0.00/\$35.00
Winter I	Riverfront Family YMCA	Wednesday 7:00pm - 7:45pm Winter I	Bryce Sharpe	4-99	\$0.00/\$35.00
Winter I	Riverfront Family YMCA	Saturday 9:00am - 9:45am Winter I	Bryce Sharpe	4-99	\$0.00/\$25.00
Winter I	Riverfront Family YMCA	Saturday 10:00am - 10:45am Winter I	Bryce Sharpe	4-99	\$0.00/\$25.00
Winter I	Riverfront Family YMCA	Saturday 11:00am - 11:45am Winter I	Bryce Sharpe	4-99	\$0.00/\$25.00



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Kohl Family YMCA	Wednesday 5:00pm - 5:45pm		3-5	\$50.00/\$80.00
Winter II	Riverfront Family YMCA	Monday 6:00 - 6:45pm		3-5	\$50.00/\$80.00
Winter II	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00
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
Winter I	Riverfront Family YMCA	Monday 6:00 - 6:45pm		3-5	\$50.00/\$80.00
Winter I	Riverfront Family YMCA	Thursday 7:00 - 7:45pm		3-5	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00

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
Winter I	Lake Anna YMCA	Wednesday 6:00 - 9:00pm		39-99	\$125.00/\$125.00

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 II	Firestone Park YMCA	Saturday (6-10yrs.) 1:15pm-2:00pm		6-10	\$50.00/\$80.00
Winter II	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm	Miss Victoria	6-8	\$50.00/\$80.00
Winter I	Firestone Park YMCA	Saturday (6-10yrs.) 1:15pm-2:00pm		6-10	\$50.00/\$80.00
Winter I	Green YMCA	Tues 6:00pm-6:45pm Ages 6-10		6-10	\$50.00/\$80.00
Winter I	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm	Miss Victoria	6-8	\$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 II	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm		6-10	\$50.00/\$80.00
Winter I	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm		6-10	\$50.00/\$80.00

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
Winter II	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		5-8	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		5-8	\$50.00/\$80.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

Sports & Youth Programs

Cheerleading

Show us your spirit! This program will teach the basics of cheer. Incorporating elements of dance, basic movements and learning small routines.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Rookies (K-2nd) Monday 5:15pm - 6:0	Miss Victoria		\$65.00/\$95.00
Winter II	Lake Anna YMCA	Winners (3rd-5th) Monday 6:00pm - 6:	Miss Victoria		\$65.00/\$95.00
Winter I	Lake Anna YMCA	Rookies (K-2nd) Monday 5:15pm - 6:0	Miss Victoria		\$65.00/\$95.00
Winter I	Lake Anna YMCA	Winners (3rd-5th) Monday 6:00pm - 6:	Miss Victoria		\$65.00/\$95.00

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
Winter II	Wadsworth YMCA	Friday 10:30 - 11:15 am		2-5	\$50.00/\$80.00
Winter I	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*

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
Winter II	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		6-12	\$30.00/\$60.00
Winter I	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		6-12	\$30.00/\$60.00

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

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 II	Firestone Park YMCA	Tuesday 5:00pm - 5:45pm		6-10	\$50.00/\$80.00
Winter I	Firestone Park YMCA	Tuesday 5:00pm - 5:45pm		6-10	\$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
Winter II	Wadsworth YMCA	Monday 5:30 - 6:15 pm		8-12	\$30.00/\$60.00
Winter I	Wadsworth YMCA	Monday 5:30 - 6:15 pm		8-12	\$30.00/\$60.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

Sports & Youth Programs

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
Winter II	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		7-12	\$30.00/\$60.00
Winter I	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		7-12	\$30.00/\$60.00

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
Winter II	Wadsworth YMCA	Monday 6:30 - 7:15 pm		8-12	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Monday 6:30 - 7:15 pm		8-12	\$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 II	Green YMCA	Wed 6pm-7pm & Sat 9am-10am Mar		5-99	\$40.00/\$55.00
Winter II	Green YMCA	Wed 6pm-7pm & Sat 9am-10am Apr		5-99	\$40.00/\$55.00
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
Winter I	Green YMCA	Wed 6pm-7pm & Sat 9am-10am Jan		5-99	\$40.00/\$55.00
Winter I	Green YMCA	Wed 6pm-7pm & Sat 9am-10am Feb		5-99	\$40.00/\$55.00

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 II	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, S		6-10	\$50.00/\$80.00
Winter I	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, S		6-10	\$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
Winter II	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		7-12	\$50.00/\$80.00
Winter I	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		7-12	\$50.00/\$80.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

Sports & Youth Programs

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
Winter I	Green YMCA	Thursday 10:15am - 11:00am		1-3	\$50.00/\$80.00

* Parent/child participation class