



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Firestone Park YMCA

Spring (04/20-06/02)

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

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
Spring	Firestone Park YMCA	Saturdays (3-5yrs.) 12:30pm-1:15pm		3-5	\$50.00/\$80.00

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
Spring	Kohl Family YMCA	Saturday 10:00am-10:45am		3-5	\$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
Spring	Firestone Park YMCA	Thursday 5:00pm - 5:45pm		3-5 3-	\$50.00/\$80.00
Spring	Kohl Family YMCA	Wednesday 5:00pm - 5:45pm		5	\$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
Spring	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
Spring	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm		6-10	\$50.00/\$80.00
Spring	Kohl Family YMCA	Monday (K-2nd) 5:00pm - 5:45pm		5-8	\$50.00/\$80.00
Spring	Kohl Family YMCA	Monday (3rd-5th) 6:00pm - 6:45pm		8-11	\$50.00/\$80.00
Spring	Kohl Family YMCA	Friday (6th-8th) 5:00pm - 5:45pm		11-14	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG



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Spring (04/20-06/02)
Sports & Youth Programs

Flag Football Clinic

Children will learn basic fundamentals of football. Throwing, catching, route running, defense, and more will be taught through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	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
Spring	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
Spring	Kohl Family YMCA	Saturday 9:00am-9:45am		3-5	\$50.00/\$80.00

** Parent participation may be required for some students.*

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
Spring	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, S		6-10	\$50.00/\$80.00



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Green YMCA

Spring (04/20-06/02)

Group Classes

Self Defense Workshop

This is a participation class taught by a law enforcement officer. Techniques in self defense will be taught to fit a variety of situations and circumstances.

Ses	Days & Times	Ages	Mem/Program
Spring	Thurs 11:30am - 12:15pm	13-99	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
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Green YMCA

Spring (04/20-06/02)

Sports & Youth Programs

Youth Conditioning

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

Ses	Days & Times	Ages	Mem/Program
Spring	Speed and Agility - Wed 3:15 - 4:00pm	9-18	\$70.00/\$100.00

Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 5:00pm - 5:45pm	ages 3-5	\$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).

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 5:00pm - 5:45pm	3-5	\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Thurs 6:00 - 6:45pm	Ages 5-10	5-10 \$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:00 - 5:45 pm	ages 6-8	6-8 \$50.00/\$80.00
Spring	Tuesday 6:00 - 6:45 pm	ages 9-12	9-12 \$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Wed 6pm-7pm & Sat 9am-10am	May 5-99	\$40.00/\$55.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
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Kohl Family YMCA

Spring (04/20-06/02)
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
Spring	Monday 5:00pm - 6:00pm	4-17	\$50.00/\$80.00
Spring	Wednesday 5:00pm - 6:00pm	4-17	\$50.00/\$80.00
Spring	Monday & Wednesday 5:00pm - 6:00pm	4-17	\$90.00/\$150.00

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
Spring	Wednesday 6:00pm - 6:45pm	Bball, S6-10	\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Saturday 9:00am-9:45am	3-5	\$50.00/\$80.00

* Parent participation may be required for some students.

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
Spring	Wednesday 5:00pm - 5:45pm	3-5	\$50.00/\$80.00

Soccer - Little Kickers (ages 3-5)

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more.

Ses	Days & Times	Ages	Mem/Program
Spring	Saturday 10:00am-10:45am	3-5	\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday (K-2nd) 5:00pm - 5:45pm	5-8	\$50.00/\$80.00
Spring	Monday (3rd-5th) 6:00pm - 6:45pm	8-11	\$50.00/\$80.00
Spring	Friday (6th-8th) 5:00pm - 5:45pm	11-14	\$50.00/\$80.00

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Spring (04/20-06/02)

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

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
Spring	Firestone Park YMCA	Saturdays (3-5yrs.) 12:30pm-1:15pm		3-5	\$50.00/\$80.00

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
Spring	Kohl Family YMCA	Saturday 10:00am-10:45am		3-5	\$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
Spring	Firestone Park YMCA	Thursday 5:00pm - 5:45pm		3-5 3-	\$50.00/\$80.00
Spring	Kohl Family YMCA	Wednesday 5:00pm - 5:45pm		5	\$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
Spring	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
Spring	Firestone Park YMCA	Tuesday 6:00pm - 6:45pm		6-10	\$50.00/\$80.00
Spring	Kohl Family YMCA	Monday (K-2nd) 5:00pm - 5:45pm		5-8	\$50.00/\$80.00
Spring	Kohl Family YMCA	Monday (3rd-5th) 6:00pm - 6:45pm		8-11	\$50.00/\$80.00
Spring	Kohl Family YMCA	Friday (6th-8th) 5:00pm - 5:45pm		11-14	\$50.00/\$80.00



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Spring (04/20-06/02)
Sports & Youth Programs

Flag Football Clinic

Children will learn basic fundamentals of football. Throwing, catching, route running, defense, and more will be taught through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	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
Spring	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
Spring	Kohl Family YMCA	Saturday 9:00am-9:45am		3-5	\$50.00/\$80.00

** Parent participation may be required for some students.*

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
Spring	Kohl Family YMCA	Wednesday 6:00pm - 6:45pm (Bball, S		6-10	\$50.00/\$80.00



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Lake Anna YMCA

Spring (04/20-06/02)

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
Spring	Lake Anna YMCA	Empower	Richelle	16-99	\$60.00/\$90.00

Register Online at AKRONYMCA.ORG



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Lake Anna YMCA

Spring (04/20-06/02)

Sports & Youth Programs

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
Spring	Lake Anna YMCA	- Thursday 6:00 - 8:00pm		18-99	\$30.00/\$60.00

Volleyball Clinic

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Fridays (4th-8th) 5:00pm-6:00pm			\$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
Spring	Lake Anna YMCA	Thursdays 5:15pm-6:00pm	Miss Victoria	7-11	\$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
Spring	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm		3-5	\$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
Spring	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm		6-8	\$50.00/\$80.00

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Riverfront Family YMCA

Spring (04/20-06/02)

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.

Ses	Days & Times	Ages Mem/Program
Spring	Wednesday 11:15-12:00pm	16-99 \$17.00/\$65.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
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Riverfront Family YMCA

Spring (04/20-06/02)

Sports & Youth Programs

Basketball - Youth (ages 6-8)

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

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 8:00 - 8:45pm	6-8	\$45.00/\$75.00
Spring	Sunday 1:45 - 2:30pm	6-8	\$45.00/\$75.00

Basketball - Youth (ages 9-12)

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

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 8:00 - 8:45pm	9-12	\$45.00/\$75.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 4:00pm-4:45pm	1-3	\$45.00/\$75.00
Spring	Tuesday 10:30am-11:15am	1-3	\$45.00/\$75.00
Spring	Saturday 10:45am-11:30am	1-3	\$45.00/\$75.00

Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 5:30pm - 6:15pm	3-4	\$45.00/\$75.00
Spring	Thursday 10:30am - 11:15am	3-4	\$45.00/\$75.00
Spring	Saturday 9:00am - 9:45am	3-4	\$45.00/\$75.00
Spring	Saturday 11:30am - 12:15pm	3-4	\$45.00/\$75.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 5:00pm-6:00pm	5-17	\$65.00/\$90.00
Spring	Monday 6:00pm-7:00pm	5-17	\$65.00/\$90.00
Spring	Wednesday 4:30pm-5:30pm	5-17	\$65.00/\$90.00
Spring	Wednesday 6:30pm-7:30pm	5-17	\$65.00/\$90.00
Spring	Saturday 9:45am-10:45am	5-17	\$65.00/\$90.00
Spring	Saturday 12:15pm-1:15pm	5-17	\$65.00/\$90.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 7:00pm - 8:00pm	5-17	\$65.00/\$90.00
Spring	Wednesday 4:30pm - 5:30pm	5-17	\$65.00/\$90.00
Spring	Wednesday 5:30pm - 6:30pm	5-17	\$65.00/\$90.00
Spring	Saturday 9:45am - 10:45am	5-17	\$65.00/\$90.00

Gymnastics - Advanced

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 6:30pm-8:00pm	6-17	\$70.00/\$95.00
Spring	Saturday 11:00am-12:30pm	6-17	\$70.00/\$95.00



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Riverfront Family YMCA

Spring (04/20-06/02)

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 6:30pm-8:00pm	6-17	\$70.00/\$95.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 6:00 - 7:00pm	6-12	\$60.00/\$80.00

Rock Wall 101

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 5:00pm - 5:45pm	4-99	\$0.00/\$35.00
Spring	Wednesday 6:00pm - 6:45pm	4-99	\$0.00/\$35.00
Spring	Wednesday 7:00pm - 7:45pm	4-99	\$0.00/\$35.00
Spring	Saturday 9:00am - 9:45am	4-99	\$0.00/\$25.00
Spring	Saturday 10:00am - 10:45am	4-99	\$0.00/\$25.00
Spring	Saturday 11:00am - 11:45am	4-99	\$0.00/\$25.00

Soccer - Little Kickers (ages 3-5)

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 5:00 - 5:45pm	3-5	\$45.00/\$75.00
Spring	Thursday 6:00 - 6:45pm	3-5	\$45.00/\$75.00

Kick It (Soccer)

Join us for this fun soccer class! This class is indoors and allows children the opportunity to continue to learn the fundamentals of soccer while growing in their skills. This class is designed for participants who have taken a soccer program before. Age 5 only.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 6:00 - 6:45pm	5-5	\$45.00/\$75.00

Soccer - Youth Indoor (ages 6+)

Children will learn basic fundamentals of soccer. Skills will include dribbling, passing, shooting, and more.

Ses	Days & Times	Ages	Mem/Program
Spring	Saturday 4:00 - 4:45pm	6-9	\$45.00/\$75.00

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
Spring	Thursday 5:00 - 5:45pm	3-5	\$45.00/\$75.00
Spring	Saturday 3:15 - 4:00pm	3-5	\$45.00/\$75.00
Spring	Sunday 1:00 - 1:45pm	3-5	\$45.00/\$75.00

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Wadsworth YMCA

Spring (04/20-06/02)

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 9:30 - 10:15 am	1-5	\$30.00/\$60.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 7:00 - 7:45 pm	9-12	\$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!

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 5:30 - 6:15 pm	5-8	\$50.00/\$80.00

Cheerleading

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

Ses	Days & Times	Ages	Mem/Program
Spring	Thursday 5:30 - 6:15 pm	7-12	\$50.00/\$80.00

Creative Movement

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

Ses	Days & Times	Ages	Mem/Program
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:30 - 6:15 pm	6-12	\$30.00/\$60.00

Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 6:00 - 6:45 pm	3-5	\$50.00/\$80.00
Spring	Thursday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 7:00 - 7:45 pm	1-3	\$50.00/\$80.00
Spring	Wednesday 6:00 - 6:45 pm	1-3	\$50.00/\$80.00
Spring	Friday 9:30 - 10:15 am	1-3	\$50.00/\$80.00

Kid's Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Ses	Days & Times	Ages	Mem/Program
Spring	Thursday 7:30 - 8:15 pm	9-12	\$30.00/\$60.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 5:30 - 6:15 pm	8-12	\$30.00/\$60.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:30 - 6:15 pm	7-12	\$30.00/\$60.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Spring (04/20-06/02)

Sports & Youth Programs

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:00 - 5:45 pm	3-5	\$50.00/\$80.00
Spring	Thursday 5:30 - 6:15 pm	3-5	\$50.00/\$80.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 7:00 - 7:45 pm	8-12	\$50.00/\$80.00

Running Club

Are you bored with your running routine? Join us for some specific sports drills and fun-filled running. Whether you are a novice or an expert runner, come prepared to sweat.

Ses	Days & Times	Ages	Mem/Program
Spring	Thursday 7:00 - 7:45 pm	8-12	\$30.00/\$60.00

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
Spring	Monday 6:00 - 6:45 pm	3-5	\$50.00/\$80.00
Spring	Thursday 6:00 - 6:45 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.

Ses	Days & Times	Ages	Mem/Program
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 6:00 - 6:45 pm	6-8	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG