



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Winter I (01/01-02/15)

Sports & Youth Programs

Youth Conditioning

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

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

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	Kg and 1st Grade Mon 5:15 - 6:15pm	4-6	\$90.00/\$120.00
Winter I	Kg and 1st Grade - Tues 5:15 - 6:15pm	4-7	\$90.00/\$120.00
Winter I	2nd and 3rd Grade Mon 6:30 - 7:30pm	7-9	\$90.00/\$120.00
Winter I	2nd and 3rd Grade Thurs 5:15 - 6:15pm	7-9	\$90.00/\$120.00
Winter I	4th and 5th Grade Thurs 6:30 - 7:30pm	9-11	\$90.00/\$120.00
Winter I	4th and 5th Grade Weds 5:00 - 5:55pm	9-11	\$90.00/\$120.00
Winter I	6th to 8th Grade Tues 6:30 - 7:30pm	11-14	\$90.00/\$120.00
Winter I	6th to 8th Grade Weds 7:15 - 8:15pm	11-14	\$90.00/\$120.00

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
Winter I	Tues 5:00 - 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
Winter I	Tues 6:00 - 6:45pm	6-10	\$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
Winter I	Wed 6-7pm & Sat 9-10am Jan	5-99	\$40.00/\$55.00
Winter I	Wed 6-7pm & Sat 9-10am Feb	5-99	\$40.00/\$55.00

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thurs 10:15 - 11:00am	1-3	\$50.00/\$80.00

** Parent/child participation class*

Register Online at AKRONYMCA.ORG



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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
Winter I	Thurs 11:30am - 12:15pm	13-99	\$50.00/\$80.00

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thurs 11:00am - 12:00pm	16-99	\$50.00/\$80.00

Aqua Aerobics

Aqua Aerobics (16 years and up) Aqua Aerobics is similar to a Land Aerobics class, but adapted for the unique properties of the water. The water's resistance provides a low-impact, high-intensity workout without the need for swimming skills. Aqua aerobics is held in both shallow and deep parts of the pool.

Ses	Days & Times	Ages	Mem/Program
Winter I	SILVER SNEAKERS Splash 8:00 - 8:50a	16-99	\$0.00/\$0.00
Winter I	Tues 10:00 - 10:50 am	16-99	\$20.00/\$75.00
Winter I	Thurs 10:00 - 10:50am	16-99	\$20.00/\$75.00

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