



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAEKWONDO MARTIAL ARTS Sandusky Area YMCA

TaeKwonDo is a traditional Korean martial art and is widely known for its spectacular high kicks and powerful punches. You will benefit with improved physical fitness, conditioning, self-discipline and self-control. Instructor, Kim Dewey, is a 3rd degree black belt.

(One form per person)

### TaeKwonDo

5—14 years    Tues./Thurs.    5:30—6:10PM \_\_\_\_\_  
14 + years    Tues./Thurs.    6:10—6:50PM \_\_\_\_\_

### Sparring

Tues./Thurs.    6:10—6:50PM \_\_\_\_\_



SANDUSKY AREA YMCA

2101 W. Perkins Ave., Sandusky, OH 44870  
419-621-9622 | sanduskyareaymca.org

## September 2017

Last day to register: August 31, 2017

Begins Tuesday, September 5, 2017

- Improved physical fitness, conditioning
- Self-discipline and self-control

### Registration Form

Child Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

### TaeKwonDo

Member: \$29

Non-Member: \$40

### Waiver

Participants specifically assume all risk of injury arising out of her/her presence on the premises of the Young Men's Christian Association (the "YMCA"), my use of its equipment or facilities and my participation in its activities, whether on its premises or at another location, and for myself and my heirs and assigns hereby waive, release and agree to hold free from all claims for damages the Young Men's Christian Association and its officers, directors, members, employees or agents. I understand the risk and dangers involved in participating in the programs and activities of the YMCA, am physically capable of participating in such programs and agree not to participate in any activity that may injure myself or others. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, pictures, recordings, or any other record of this event for any legitimate purpose.

Initial \_\_\_\_\_ Date \_\_\_\_\_



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# GYMNASTICS

## Sandusky Area YMCA



### Gymnastics

(One form per person)

#### Program Classes

MONDAY Classes Members: \$15 Non-Members: \$30

WEDNESDAY Classes Members: \$20 Non-Members: \$40

#### **Tiny Tots w/ Parent**

**(Ages 18 Months – 3 years)**

Monday (9/11/17) 4:00PM-4:30PM \_\_\_\_\_

#### **Tumbleweeds (Ages 3-5)**

Monday (9/11/17) 6:15PM-7:00PM \_\_\_\_\_

Wednesday (9/6/17) 6:30PM-7:15PM \_\_\_\_\_

#### **Level 1 (Ages 5 and up)**

Monday (9/11/17) 4:15PM-5:15PM \_\_\_\_\_

#### **Level 2 (Ages 5 and up)**

Monday (9/11/17) 5:15PM-6:15PM \_\_\_\_\_

#### Pre-Team & Team Program

##### **Pre-Team Gymnastics**

Wednesday(9/6/17) 4:15-5:15PM \_\_\_\_\_

Members: \$24 Non-Members: \$48

##### **Saltos Gymnastics Team (3 days a week)**

Mon. & Wed., 4:15-7:00PM \_\_\_\_\_

Fri. 4:15-6:15PM \_\_\_\_\_

Must be a YMCA Member to sign-up

**Parent Meeting: TBA**

Barb Rose, Saltos Coach  
brose@sanduskyareaymca.org

Denise Robinson, Program Director  
drobinson@clevelandymca.org

#### **SANDUSKY AREA YMCA**

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## SEPTEMBER 2017

**Last day to register: August 31, 2017  
Begins September 6th (3 & 4 week classes)**

- Qualified, highly trained instructors
- Each class progresses to the next level
- Personalized attention to each student

### Registration Form

Child Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

### Waiver

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# AQUATICS

## Sandusky Area YMCA



### Swim Lessons

(One form per person)

#### **Shrimp & Kippers w/ Parent – Stage A & B (Ages 6 Months – 3 years)**

Saturday (9/9/17) 10:00–10:30AM \_\_\_\_\_

#### **Pike (Ages 4–5 Beginner) – Stage 1**

Tuesday (9/5/17) 6:00–6:30PM \_\_\_\_\_

Saturday (9/9/17) 10:30–11:00AM \_\_\_\_\_

#### **Polliwog Level 1 (Ages 6–12) – Stage 1**

Tuesday (9/5/17) 6:40–7:30PM \_\_\_\_\_

Saturday (9/9/17) 9:00–9:50AM \_\_\_\_\_

#### **Guppy Level 2 (Ages 6–12) – Stage 2**

Tuesday (9/5/17) 6:00–6:50PM \_\_\_\_\_

Saturday (9/9/17) 10:00–10:50AM \_\_\_\_\_

#### **Minnow Level 3 (Ages 6–12) – Stage 3**

Tuesday (9/5/17) 7:00–7:50PM \_\_\_\_\_

Saturday (9/9/17) 9:00–9:50AM \_\_\_\_\_

#### **Stroke Fundamentals Skills—Level 4/5—2 days a week**

**\$36 Member                      \$72 Non-Member**

Tuesdays(9/5/17) 6:00–7:00PM \_\_\_\_\_

Saturdays(9/9/17) 11:00–11:50AM \_\_\_\_\_

#### **Sandusky Area YMCA Manta Rays Swim Team SYMR**

USA Swim Club

Ages 18 and younger

Pre-requisites: swim 50 yards of each stroke; Backstroke, Breaststroke and Freestyle.

## September 2017

Last day to register: August 31, 2017  
Begins the Week of September 5th (4 weeks)

- Smaller class ratio
- Qualified, highly trained instructors
- Each class progresses to the next level
- Personalized attention to each student

### Registration Form

Child Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

### **Swim Lesson Fees**

Member \$20 Non-member \$40

### ***Stroke Fundamentals***

Member \$36 Non-Member \$72

### Waiver

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Initial \_\_\_\_\_ Date \_\_\_\_\_

Denise Robinson / drobinson@clevelandymca.org / 419-621-9622

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# Sandusky Area YMCA | Jr. Cavaliers Youth Basketball League

- 10 Week session
- 1 Practice per week
  - \* Ages 3-4
  - \* Ages 5-6
  - \* Ages 7-8
  - \* Ages 9-11
  - \* Ages 12-14
- Games will be played on Saturdays at the Sandusky Area YMCA
- Official Partner of the Jr. Cavs
- League will be run under Fair Play rules
- Emphasis of fun and sportsmanship
- Includes a game ticket to a Cleveland Cavs!

**Program Director—Denise Robinson**  
419-621-9622 | drobinson@clevelandymca.org  
2101 W. Perkins Ave., Sandusky, OH 44870

## Dates

<p><b>October 7, 2017</b></p> <p><b>October 12, 2017</b></p> <p><b>Oct. 14–Dec. 16</b></p> <p><b>Nov. 4–Dec. 16</b></p> <p><b>November 25, 2017</b></p> <p><b>November 11, 2017</b></p>	<p><b>Registration deadline</b></p> <p><b>Season 1</b></p> <p><b>Parent Meeting 6pm</b></p> <p><b>Season</b></p> <p><b>Games—Saturdays</b></p> <p><b>No Saturday games</b></p> <p><b>Pictures</b></p>
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**Member: \$50 | Non-Member \$75 Jr. Cavaliers reversible jersey included to all participants**

### Registration Form

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Parent Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_ Grade: \_\_\_\_\_

Jersey: YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_ AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ AXL \_\_\_\_\_ A2XL \_\_\_\_\_

### Release and Waiver of Liability

Participants specifically assume all risk of injury arising out of his/her presence on the premises of the Young Men’s Christian Association (the “YMCA”), my use of its equipment or facilities and my participation in its activities, whether on its premises or at another location, and for myself and my heirs and assigns hereby waive, release and agree to hold free from all claims for damages the Young Men’s Christian Association and its officers, directors, members, employees or agents. I understand the risk and dangers involved in participating in the programs and activities of the YMCA, am physically capable of participating in such programs and agree not to participate in any activity that may injure myself or others.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<p>The Sandusky Area YMCA cannot provide effective youth sports without support from the volunteers. Please indicate if you can:</p> <p>_____ Head Coach    _____ Assistant Coach</p>	<p><b>Ages 3-4</b> _____</p> <p><b>Ages 5-6</b> _____</p> <p><b>Ages 7-8</b> _____</p> <p><b>Ages 9-11</b> _____</p> <p><b>Ages 12-14</b> _____</p>
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# GET UP GET ACTIVE PLAY VOLLEYBALL

## SANDUSKY AREA YMCA Adult Co-ed Volleyball League

### **Mandatory Captains Meeting**

6:30PM—Thursday, August 31, 2017

### **Thursdays starting in September**

#### **Ages:**

18 and older  
Not in high school

#### **Divisions:**

A—Competitive  
B—Recreational

For more information contact:

Denise Robinson  
Program Director  
Sandusky Area YMCA  
419-621-9622 ext. 15  
[drobinson@clevelandymca.org](mailto:drobinson@clevelandymca.org)

