



FALL II YOUTH SPORTS CALENDAR



• Program BEGINS: **11/6 – 12/14; \$66 for 6 Sessions**

• Payments for classes are **NON-REFUNDABLE**. RVY Program or Facility Membership is **REQUIRED**.

• Membership of 2 adults/4 youth receive Basketball or Martial Arts **FREE** per child.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
12:30 - 4:45pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Gym (Basketball Gym) AR (Aerobics Room)
5 - 5:50pm	Soccer Ages 3-5 GYM	Girls Basketball Ages 7-12 Gym	Open Basketball until 11/28 Basketball League Games in the Gym *COMING SOON* Dance/Ballet Ages 3-6 AR	Basketball Ages 5-8 Gym	Open Basketball	
6 - 6:50pm	Soccer Ages 6-8 GYM	Basketball Ages 9-12 Gym	Open Basketball	Soccer Ages 9-12 GYM	Open Basketball	
7 - 7:50pm	CLOSE AT 7PM	Martial Arts Ages 4-7 AR Tennis Ages 5-8 GYM	CLOSE AT 7PM	Martial Arts Ages 8-12 AR Tennis Ages 9-12 GYM	CLOSE AT 7PM	Open Basketball on Sundays from 8:30—11:30am

No Sports Classes on Thursday, November 23rd. Can attend classes on Monday and Tuesday for make-up (November 21st & 22nd or 27th & 28th)

Tennis on Thursdays may have to attend the Tuesday class sometimes

Youth Programs Descriptions

Youth Soccer: The YMCA Youth Sports Program helps children become not only better players, but better people as well. It's a progressive program, with multiple age-specific levels. Each week your child will be taught a new skill, practice it, and then develop it during a fun, engaging contactless soccer activity!

Youth Dance/Ballet: Dance your way to healthy fun. Help boost your child's creativity and self-confidence by joining our YMCA dance program. Our youth dance programs allow you to choose from multiple genres of dance including Ballet, Jazz, and Hip Hop to help create exciting free flowing dances.

Youth Basketball: Participants will develop a foundation for future excellence by developing dribbling, shooting, defense & passing skills through challenging activities beneficial in high level sports.

Youth Martial Arts: Enhance flexibility, endurance and strength in a fun, motivating atmosphere through boxing and martial arts classes. Martial arts incorporates basic athletic movements adapted from boxing, kickboxing, tae kwon do and kung fu. Boxing keeps you moving as you jab and hit your way through your workout, all for a stronger you!

Youth Tennis: Our coaches will teach tennis skills as participants will learn the basic tactics in tennis. An emphasis is placed on developing an athletic base and teaching fundamental techniques to better implement tennis tactics. Fun progressions and games will be used to develop play.

- Memberships must be valid for registration & participation of youth programs.

- Make up classes will only be offered if the YMCA is forced to cancel a class due to inclement weather, instructor illness, holidays, or unforeseen circumstances.