

FALL YOUTH SPORTS CALENDAR

- This Calendar **STARTS** on **MONDAY, September 9th** and **ENDS** on **Thursday, October 24th**.
- Payments for classes are **NON-REFUNDABLE**. A Raritan Valley YMCA Program or Facility Membership is **REQUIRED** to register.
 - **7** sessions for **\$80**. Membership of 2 adults / 4 youth receive Basketball **OR** Martial Arts **FREE** per child.
- If a class is **CANCELLED**, our director will **INFORM YOU** when the make-up will take place. Please make sure to **CHECK** your **EMAILS** often for **UPDATES** regarding classes.
- Make up classes will **ONLY** be offered if the YMCA is forced to cancel a class due to **INCLEMENT WEATHER, INSTRUCTOR ILLNESS, HOLIDAYS, or UNFORSEEN CIRCUMSTANCES**.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Additional Info
5:00 - 5:50pm	Soccer Ages 3 - 5 GYM	Girls Basketball Ages 8 - 12 GYM	Co-ed Basketball Ages 5 - 8 GYM	Youth Zumba Ages 8-12 AR Tennis Ages 5 - 8 GYM	OPEN BASKETBALL	- GYM (Basketball gym) - AR (Aerobics Room)
6:00 - 6:50pm	Soccer Ages 6 - 8 GYM	Boys Basketball Ages 9 - 12 GYM	Soccer Ages 9 - 12 GYM	Tennis Ages 9 - 12 GYM	OPEN BASKETBALL	Open Basketball Hours Saturday: 9am - 2pm Sunday: 8:30am - 12pm
7:00 - 7:50pm	CLOSED	OPEN BASKETBALL	CLOSED	Martial Arts Ages 4+ AR OPEN BASKETBALL	CLOSED	

UPDATED 8/22



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



YOUTH SPORTS PROGRAM 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 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 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.

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 Zumba: High-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. Combines elements of dance and aerobics. With their favorite music accompaniment, kids learn to move, listen to the rhythm, exercise their bodies, and improve their health.