

FALL YOUTH SPORTS CALENDAR



- Program BEGINS: <u>9/11 10/27</u>; \$77 for 7 Sessions
- Payments for classes are NON-REFUNDABLE. RVY Program or Facility Membership is REQUIRED.
- Membership of 2 adults/4 youth receive Cardio Kids, Basketball, or Martial Arts FREE per child.



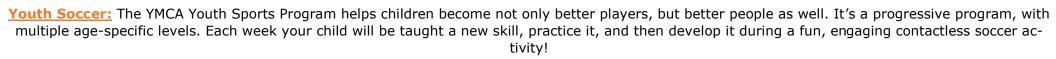




TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
12:30 - 4:45pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	
						Gym
			Cardio Kids		Open Basketball	(Basketball Gym)
	Soccer	Girls Basketball	Ages 7-12	Basketball		AR
	Ages 3-5	Ages 7-12	Gym/FC	Ages 5-8		(Aerobics Room)
5 - 5:50pm	GYM	Gym		Gym		AC
			Dance/Ballet			(Art Classroom)
			Ages 3-6			FC
			AR			
						(Fitness Center)
	Soccer	Basketball	Open Basketball	Soccer	Tennis	Open Basketball on
6 - 6:50pm	Ages 6-8	Ages 9-12	open Basketban	Ages 9-12	Ages 5-12	Saturdays from 9am—1pm
	GYM	Gym		GYM	GYM	
	GTM	Gyiii		GTM	GTM	
		Open Basketball		Open Basketball		<u>-</u>
	CLOSE AT 7PM		CLOSE AT 7PM		CLOSE AT 7PM	Open Basketball on
7 - 8pm		Martial Arts				Sundays from
•		Ages 4-12				8:30—11:30am
		AR				

Updated: 8/31/23

Youth Programs Descriptions



<u>Youth Cardio Kids:</u> Kids will learn different exercises, healthy food choices, and get in shape. Most of the session will be cardio and body weight training. Our fitness trainer will put all kids through a great workout!

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.

<u>Youth Basketball:</u> 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.