



# FALL YOUTH SPORTS CALENDAR



• Program **BEGINS: 9/11 – 10/27; \$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	
<b>12:30 - 4:45pm</b>	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	<b>Gym</b> (Basketball Gym) <b>AR</b> (Aerobics Room) <b>AC</b> (Art Classroom) <b>FC</b> (Fitness Center)
<b>5 - 5:50pm</b>	<b>Soccer</b> <b>Ages 3-5</b> <b>GYM</b>	<b>Girls Basketball</b> <b>Ages 7-12</b> <b>Gym</b>	<b>Cardio Kids</b> <b>Ages 7-12</b> <b>Gym/FC</b>  <b>Dance/Ballet</b> <b>Ages 3-6</b> <b>AR</b>	<b>Basketball</b> <b>Ages 5-8</b> <b>Gym</b>	Open Basketball	
<b>6 - 6:50pm</b>	<b>Soccer</b> <b>Ages 6-8</b> <b>GYM</b>	<b>Basketball</b> <b>Ages 9-12</b> <b>Gym</b>	Open Basketball	<b>Soccer</b> <b>Ages 9-12</b> <b>GYM</b>	<b>Tennis</b> <b>Ages 5-12</b> <b>GYM</b>	
<b>7 - 8pm</b>	CLOSE AT 7PM	Open Basketball  <b>Martial Arts</b> <b>Ages 4-12</b> <b>AR</b>	CLOSE AT 7PM	Open Basketball	CLOSE AT 7PM	Open Basketball on Sundays from 8:30—11:30am

Updated: 8/31/23

**\*\*\*No Sports Classes on Thursday, September 14th\*\*\***

## 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 Cardio Kids:** 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.

**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.**