



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SPRING INTO SPORTS!

Program **BEGINS: 4/5 - 5/22**
Registration **OPENS: 3/1/2021**

YOUTH BASKETBALL: AGES 5 - 7

Basketball	Mondays	
	\$75	5:10 - 6:00pm

YOUTH BASKETBALL: AGES 7 - 12

Basketball	Monday	6:10 - 7:00pm	\$75
	Thursday	6:10 - 7:00pm	\$75
	Both	\$125	

YOUTH CARDIO: SHARKS & MINNOWS

Cardio	Thursdays	
	\$75	5:10 - 6:00pm

YOUTH FLAG FOOTBALL: AGES 6 - 12

Football	Wednesdays	
	\$75	6:00 - 7:00pm

YOUTH SOCCER: AGES 5 - 7

Soccer	Tuesdays	
	\$75	5:10 - 6:00pm

YOUTH SOCCER: AGES 7 - 12

Soccer	Tuesdays	
	\$75	6:10 - 7:00pm

YOUTH TENNIS: AGES 5 - 12

Tennis	Level I	Friday	5:10 - 6pm
		Saturday	10 - 11am
\$100 Each	Level II	Friday	6:10 - 7pm
		Saturday	11:10 - 12pm
\$165 for 2	Level III	Saturday	12:10 - 1pm

- Make up classes will only be offered if the YMCA is forced to cancel a class due to inclement weather, instructor illness, or unforeseen circumstances. Payments for classes are non-refundable.
- Memberships must be valid for registration & participation of youth programs.

For complete program information, call
(732) 257 - 4114 or visit our website at
www.RaritanValleyYMCA.org

Youth Programs Descriptions

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

Youth Cardio: Introduce your children to cardio through a fun, high-energy class they'll love. Youth Cardio is perfect for exercisers wanting to build a foundation for healthy movement or athletes needing a competitive edge. This fun, athletic program focuses on muscles working together to create dynamic strength through explosive movements and cardio, for full-body movement that will enhance your Performance and Conditioning.

Youth Flag Football: Come learn the basic skills needed to play one of the most popular sports in America! In this class we will teach the fundamentals of catching, throwing, defense, and running with the ball while building towards competitive game play!

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 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.