



RARITAN VALLEY YMCA

SPRING YOUTH SPORTS CALENDAR 2025



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ADDITIONAL INFO
5:00 - 5:50PM	FITNESS AGES 7 - 12 AR NEW!	BASKETBALL AGES 5 - 8 GYM		TENNIS AGES 4 - 8 GYM		ROOMS - GYM (Basketball gym) - AR (Aerobics Room) - RR (Reading Room)
	SOCCER AGES 3 - 5 GYM					
6:00 - 6:50PM	SOCCER AGES 6 - 8 GYM	BASKETBALL AGES 9 - 12 GYM	SOCCER AGES 9 - 12 GYM	TENNIS AGES 9 - 12 GYM		OPEN BASKETBALL HOURS - SATURDAY FROM 9AM - 2PM - SUNDAY FROM 8:30AM - 12PM
7:00 - 7:50PM	CLOSED		CLOSED	MARTIAL ARTS AGES 4 - 12 AR	CLOSED	*WE ARE CLOSED ON MONDAY, MAY 26TH FOR MEMORIAL DAY. FITNESS + SOCCER AGES 3-5 & 6-8 ARE \$72 FOR 6 SESSIONS*

(TURN PAGE OVER FOR MORE DETAILS) →

YOUTH SPORTS PROGRAM INFORMATION

- This Calendar **Starts** on **Monday, April 28th** and **Ends** on **Thursday, June 12th**.
- **\$84 Per Sport** besides **Pottery (\$91)**. Payments are **NON-REFUNDABLE**. If you join at any point during the calendar session, the price **WILL BE pro-rated**.
- Must have a valid **RVYMCA Membership** to register. The **ONLY** Membership that receives **BASKETBALL OR MARTIAL ARTS FREE** is **Family of 2 Adults / 2+ Youth**.
- If a class is cancelled, a **make-up will be offered** on a **different day**. **Check emails often regarding updates from our Director**.
- If there are **less than 2 kids present** for class **after 15 minutes from the start time**, the class will **NOT** happen and **WILL COUNT** as a session.

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 Pottery: Students are introduced to the magnificent world of clay! In this class they will learn the basics of hand-building with clay and create beautiful and functional pieces of art.

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 Fitness: Introducing children to fitness at a young age is essential for establishing lifelong habits and promoting overall health and well-being.