

# SUMMER YOUTH SPORTS CALENDAR

- Program BEGINS: 6/19 – 8/25;

- \$99 for 9 Sessions. \*\*\* NO CLASS THE WEEK OF JULY 3RD - 7TH \*\*\*

- Payments for classes are NON-REFUNDABLE. RVY Program or Facility Membership is REQUIRED.

- 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.

- An exception will most likely be made if your child does not meet the age level.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 - 7:00pm	Tennis Ages 7-12 GYM	Soccer Ages 6-8 GYM	Cardio Kids Ages 7-12 GYM	Basketball Ages 5-8 GYM	Tennis Ages 7-12 GYM
7:10 - 7:55pm	CLOSED	Soccer Ages 9-12 GYM	CLOSED	Basketball Ages 9-12 GYM	CLOSED

## Youth Programs Descriptions

**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 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.



**Updated: 5/22/23 (schedule subject to change)**