



RVYMCA 2026, YOUTH PROGRAMS

MARCH 9, 2026 - APRIL 24, 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYM and Aerobics Room are closed all day on Sundays.	Open Basketball hour 7am-8:30am	Open Basketball hour 7am-9am			Open Basketball hour 7am-9am	Rookie Trio (Youth Pickleball, Flag Football and Baseball skills) Ages 7-12 9-10 AM Gym Coah Cherelle
	Pre-K Soccer Ages 3-5 5-5:45PM GYM Coach- Cherelle	Pre-K Ballet Ages 3-5 5-5:45PM GYM w/ Gillian	Soccer Basics Ages 5-7 5-6PM GYM Coach Avi	Exploring the Arts Ages - 5 and up (Clay, Paint, Draw and Create) 5pm-6pm w/ Gianna	Basketball Skills and Drills Ages 5-7 5:00-6:00PM GYM Coach Cherelle	Intro to Field Hockey Ages 7-12 10:00-11:00AM GYM Coach Cherelle
	Volleyball Skills Ages 7-12 6-6:45PM GYM Coach Cherelle	Tennis Ages 7-12 6-7 PM GYM	Soccer Advanced Ages 8-11 6-7PM GYM Coach Avi		Basketball Skills and Drills Ages 8-12 6-7PM GYM Coach Cherelle	
	Open Basketball Call to check for evening hours	Open Basketball Call to check for evening hours	Open Basketball Call to check for evening hours	Open Basketball Call to check for evening hours	Open Basketball Call to check for evening hours	Additional Info: Gym - (Basketball) AR - Aerobics Room RR - Reading room CR - Conference Room

Class Descriptions

Dance/Ballet: A fun introduction to dance! Young dancers will learn the basics of ballet and tap through creative movement, music, and imagination. This upbeat class builds coordination, rhythm, and confidence — perfect for beginners ready to move and shine!

Basketball Instruction: Passing, dribbling, and game strategies are taught while children develop shooting skills. YMCA instructors lead them both through basic skills & drills. Fun for all! Sessions are available by ages for safety.

Basketball/Teen, Youth or Family Hours: This is a free program for YMCA members only. Our half court sized gym allows plenty of shoot around time and pick-up games. Good behavior and proper sportsmanship a must. Rotate games and half court required when there is a mix of ages. Free to members. Parents, coaches, guests pay \$10.

Intro to Field Hockey - Learn basic stick skills, hand-eye coordination and teamwork while getting a head start for games like lacrosse and beyond.

Pre K Soccer: Kick, run, and score! This beginner class introduces preschoolers to soccer through fun drills and teamwork-based games. Players will learn the basics — dribbling, passing, and kicking — while developing balance and focus on a positive environment.

Rookie Trio Class- Introduces young athletes to the fundamentals of Flag Football, youth Pickleball and Baseball in a fun, supportive environment that builds skills, confidence, teamwork and love of active play.

Tennis - All Levels! This program focuses on skill development, movement and game play with instruction tailored to each child's ability.

Soccer Basics: Perfect for young players learning the game! Kids practice dribbling, passing, teamwork, and coordination through interactive drills and mini games. A fun way to build skills, friendships, and a lifelong love of soccer.

Soccer Advance: For players ready for the next challenge! Athletes refine their technique, learn field positions, and play structured games that emphasize teamwork and sportsmanship. A great confidence-builder for future league play.

Volleyball Skills: Volleyball Skills teaches very basic fundamentals such as passing, setting, serving, and teamwork in a fun, supportive environment.