



# RVYMCA 2026, YOUTH PROGRAMS

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MAY 4, 2026 – JUNE 19, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GYM and Aerobics Room are closed all day on Sundays.	Open Basketball hour 7am-9am	Open Basketball hour 7am-9am	Open Basketball hour 7am-9am	Open Basketball hour 7am-9am	Open Basketball hour 7am-9am	
	<b>Pre-K Soccer</b> Ages 3-5 5-5:45PM GYM Coach- Aryan		<b>Soccer Basics</b> Ages 5-7 5-6PM GYM Coach Avi	<b>Pre-K Ballet</b> Ages 3-5 5-5:45PM AR Ms. Gillian	<b>Basketball Skills and Drills</b> Ages 5-7 5:00-6:00PM GYM Coach Aryan	
	<b>Volleyball Skills</b> Ages 7-12 6-6:45PM GYM Coach Kaitlyn	<b>Tennis</b> Ages 7-12 6-7 PM GYM Coach Kaitlyn	<b>Soccer Advanced</b> Ages 8-11 6-7PM GYM Coach Avi		<b>Basketball Skills and Drills</b> Ages 8-12 6-7PM GYM Coach Aryan	
	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	<b>Additional Info:</b> 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 movement through creative movement, music, and imagination. This upbeat class builds coordination, rhythm, and confidence — perfect for beginners ready to move and shine!

**Basketball Skills and Drills:** 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.

**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.

**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.