



# YOUTH SPORTS CALENDAR

Program BEGINS: 9/12 – 10/29; Registration now OPEN!!!

\$75 for 7 Sessions; RVY Program or Facility membership required

Family Membership of 2 adults/4 youth receive 1 free sport (baseball, basketball, and soccer) per Calendar!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-11am						<b>Martial Arts</b> <b>Ages 12 and under</b> <b>AR</b> Open Basketball
11:00-1pm						Open Basketball
3-4:50pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	<b>-Open Basketball available from 9am-1pm on Saturdays</b>
5-5:50pm	<b>Soccer Ages 3-5</b> <b>Gym</b>	Open Basketball	Open Basketball <b>Youth Dance Ages 3-6</b> <b>AR</b> <b>(Starts Oct 6<sup>th</sup>)</b>	<b>Basketball Ages 5-7</b> <b>Gym</b>	<b>Tennis Ages 5-8</b> <b>Gym</b>	<b>- Rental Parties available after 1pm on Saturdays</b> <b>-Closed after 11:30am on Sundays</b>
6-6:50pm	<b>Soccer Ages 6-9</b> <b>Gym/Turf</b>	<b>Soccer Ages 9-12</b> <b>Gym/Turf</b>	<b>Youth Yoga Ages 8+</b> <b>Gym</b>	<b>Basketball Ages 8-12</b> <b>Gym</b>	<b>Tennis Ages 9-12</b> <b>Gym</b>	<b>-FC (Fitness Center)</b> <b>-AR (Aerobics Room)</b>
7-8pm	Close at 7pm	Open Basketball	Close at 7pm	Open Basketball	Close at 7pm	

- 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, or unforeseen circumstances.
- Payments for classes are non-refundable.

### **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 Dance:** Dance your way to healthy fun. Help boost your child's creativity and self-confidence by joining our YMCA dance program. Our youth dance programs allow you to choose from multiple genres of dance including Ballet, Jazz and Hip Hop to help create exciting free flowing dances.

**Youth Martial Arts:** Martial Art classes at the Y focus on self-confidence, coordination, and development of physical fitness. Martial Art classes is an assortment of ancient practices that have a rich and interesting history. The knowledge and skills you will learn in these classes will be irreplaceable.

**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.

**Youth Yoga:** As children get into this age group, they will learn more about breathing and visualization and be introduced to more yoga poses that will focus on improving coordination, creating strength and increasing flexibility. While learning these techniques, they are also taught to respect their bodies and themselves as well as others. They will learn more about the importance of connection to others by playing in partner and group poses and games and more breathing techniques and about their bodies.

**\*\*\* Some sports could be outside depending on the weather\*\*\***