



YOUTH SPORTS CALENDAR

Program BEGINS: 9/12 – 10/29; Registration OPENS: 8/15

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-11am						Martial Arts Ages 12 and under AR
11:00-12pm						Martial Arts Ages 13-17 Gym
3-4:50pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	-Open Basketball available from 9am-1pm on Saturdays
5-5:50pm	Soccer Ages 3-5 Gym	Flag Football Ages 8-12 Gym/Turf	Youth Dance Ages 3-6 AR Baseball Ages 5-7 Gym/Turf	Cardio Kids Ages 9-12 FC Basketball Ages 5-7 Gym	Tennis Ages 5-8 Gym	- Rental Parties available after 1pm on Saturdays -Closed after 11:30am on Sundays
6-6:50pm	Soccer Ages 6-9 Gym/Turf	Soccer Ages 10-12 Gym/Turf	Baseball Ages 8-12 Gym/Turf	Basketball Ages 8-12 Gym	Tennis Ages 9-12 Gym	-FC (Fitness Center) -AR (Aerobics Room)
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 Baseball: Our Instructor is a former Division 1 pitcher. He will teach participants the proper fundamentals through drills and repetition. Throwing, fielding, hitting, pitching, and base running. Recommend bringing own glove!

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 Flag Football: Flag football teaches your child the fundamentals of the game. The Y flag football program is for youth who want to learn how to play the sport, basic rules, and tactics. This program offers a challenging program focusing on fundamentals, skill development, good sportsmanship, and fun.

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!

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