



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOUTH SPORTS CALENDAR

Program **BEGINS: 1/10 – 2/26**; Registration **OPENS: 12/27**

\$75 once per week; RVY membership required

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-11am						Tennis Level 1 Mini Gym Martial Arts Ages 7-12
11:00-12pm						Tennis Level 2 Mini Gym Martial Arts Ages 7-12
4:10-5pm	Open Basketball	Open Basketball	Open Basketball	NEW Cardio Kids Ages 9-12 Fitness Center Open Basketball	NEW Youth Creative Arts Art Room Open Basketball	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.
5:10-6pm	NEW T-Ball Basics Ages 3-5 Mini Gym	Indoor Soccer Ages 3-5 Mini Gym	Ballet Ages 4-6 Aerobics Studio Rangers Floor Hockey 5:10-6pm Ages 7-11	Basketball Ages 5-7 Mini Gym	Tennis Level 1 Ages 5-12 Mini Gym	
6:10-7pm	Cardio and Strength Training Ages 12-15 Fitness Center Basketball Fundamentals Ages 6-10	Indoor Soccer Ages 6-9 Mini Gym	Indoor Soccer Ages 9-12 Mini Gym	Cardio and Strength Training Ages 12-15 Fitness Center Basketball Ages 8-12 Mini Gym	Tennis Level 2 Ages 5-12 Mini Gym	Memberships must be valid for registration & participation of youth programs.

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 Creative Arts: Children will explore their creative talents with our instructors in this class. They will develop their skills as well as learn new skills in different projects.

Rangers Floor Hockey: Our floor hockey is designed to introduce new players to the game of hockey while keeping kids active and healthy. Kids will learn basic skills and game format while having fun!

T-Ball Basics: Players will learn the basics of T-ball such as throwing, hitting and catching. They will practice important skills of the game through both drills and practice.

Cardio and Strength Training: Teens will learn the basics of cardio through workouts created by a trainer, as well as utilizing different machines. They will also learn the basics of strength training, such as proper form and repetitions.