



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YOUTH SPORTS CALENDAR

Program BEGINS: 4/25 – 6/11; Registration OPENS: 3/25

\$75 for entire calendar; RVY membership required (hours/days are subject to change)

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|---|--------------------------------------|--|----------------------------------|--------------------------------------|--|
| 10:00-11am | | | | | | Open Basketball |
| 11:00-12pm | | | | | | Open Basketball (until 1pm) Martial Arts Ages 7-12+ Aerobics Studio/Mini Gym/Outside (12pm-1pm) |
| 4:10-5pm | Open Basketball | Open Basketball | Open Basketball | Open Basketball | 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. Memberships must be valid for registration & participation of youth programs. |
| 5:10-6pm | Soccer Ages 3-5 Aerobics Studio/Outside Open Basketball | Open Basketball | Ballet Ages 3+ Aerobics Studio | Basketball Ages 5-7 Mini Gym | Open Basketball | |
| 6:10-7pm | Soccer Ages 6-9 Mini Gym/Outside | Soccer Ages 9-12 Mini Gym/Outside | Baseball Ages 7-12 Mini Gym/Outside | Basketball Ages 8-12 Mini Gym | Tennis ages 5-12 Mini Gym/Outside | |

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. Must bring own gloves!

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.

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