

Sports & Rec

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOCCER

Soccer ages 3 – 12: Our developmental soccer league focuses on basic skills and good sportsmanship. Volunteer coaches needed. Financial assistance available.

Fall: Registration: August 1 – August 30

Spring: Registration: February – March

Practice begin: March

MEM: \$65 PRO: \$85



BASKETBALL

Basketball ages 4 – 16: At the East Lake YMCA, everyone plays and everyone wins. Join our basketball league and stay active during the winter months. Volunteer coaches are needed. Scholarships are limited!

Registration: November 1– December 31

Practice begin: December 1

MEM: \$75 PRO: \$100



GYMNASTICS

Tumbling Tots ages 18 months – 3 years: It is an exploratory session introducing the participants to the world of rhythmic movement.

Saturday, 1:00 – 1:30 pm • MEM: \$45 PRO: \$75

Kinder Gym ages 3-5 years: This class will focus on strength, flexibility, balance and agility.

Saturday, 2:00 – 2:55 pm • MEM: \$50 PRO: \$80

Bounding Beginners ages 6-8 years: This class will focus on strength, flexibility, balance and agility.

Saturday, 3:00 – 3:55 pm • MEM: \$50 PRO: \$80

Swim and Gym ages 6-8 years: ½ gymnastics and ½ pool session. Basic skill level instruction for both gymnastics & swimming (only offered during the 3rd session).

Saturday, 4:00 – 4:55 pm • MEM: \$55 PRO: \$85

Jumping Juniors ages 9-12 years: Progressive 1 designed to equip students with the skills necessary for progressive 2 (advance gymnastics).

Saturday, 4:00 – 4:55 pm • MEM: \$50 PRO: \$80



DANCE & GYMNASTIC SESSION DATES

Session 5 : September 25 – November 13

Session 6 : November 20 – December 18

Session 1 : January 16 – March 6

Session 2 : March 13 – May 8

DANCE

Dance has proven to instill life-long qualities such as confidence, poise, and discipline.



Fun in Motion ages 18 months-3 years with Parents: This is an introduction class to dance and open floor gymnastics free play. It is an exploratory session introducing the participants to the world of rhythmic movement.

Saturday, 1:00 – 1:30 pm

MEM: \$45 PRO: \$75

Pre-Ballet ages 3-5 years: This class introduces basic ballet fundamentals and class structure.

Saturday, 2:00 – 2:55 pm

MEM: \$50 PRO: \$80

Ballet I ages 6-8 years: This class offers ballet technique and bar work.

Saturday 3:00 – 3:55 pm

MEM: \$55 PRO: \$85

Hip Hop ages 6-8 years: This class focuses on the basic techniques of hip hop.

Saturday 4:00 – 4:55 pm

MEM: \$55 PRO: \$85

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KARATE

Little Ninja 5.0 ages 5 years: Beginner karate class!

Blue Belt Class: Tuesdays, 5:30 – 6:15 pm (*Meeting room 3*)

Orientation Class: Thursdays, 5:00 – 5:30 pm (*Heritage Room*)

MEM: \$30 PRO: \$45

Little Ninja ages 5 years: Building on learning memory, teamwork and discipline through fun martial art drills

Thursdays, 5:30 – 6:00 pm (*Meeting room 3*)

Saturdays, 10:15 – 10:45 am (*Heritage Room*)

MEM: \$30 PRO: \$45



Little Ninja 6.0 ages 6-7 years: Beginner karate class!

Blue Belt Class: Tuesdays, 5:30 – 6:15 pm (*Meeting room 3*)

Orientation Class: Thursdays, 6:00 – 6:45 pm (*Heritage Room*)

MEM: \$40 PRO: \$60

Little Ninja 6.0 ages 6-7 years: Will be introduced to age appropriate conflict management skills (anti-bullying, using words) as well as the techniques needed to prepare for advancement into a one hour karate program.

Thursdays, 6:00 – 6:45 pm (*Meeting room 3*)

Saturdays, 9:30 – 10:15 pm (*Heritage Room*)

MEM: \$40 PRO: \$60



Tang Soo Do ages 8-16 years: Class goal is to develop confidence, physical fitness, self defense, discipline, overall better health and strengthen mind, body and spirit through training in the martial arts.

Fridays,

Beginners, 5:30 – 6:30 pm

Intermediate, 6:30 – 7:30 pm

Advance, 7:30 – 8:30 pm

Saturdays,

Beginners, 11:00 am – 12:00 pm

Intermediate, 12:00 – 1:00 pm

Advance, 12:00 – 1:00 pm

Sundays, (optional- all belts)

3:00 – 4:00 pm

MEM: \$50 PRO: \$70



Karate Session Dates

All Karate classes are ongoing monthly classes.

Karate uniform is required for class. Karate uniform, patches and testing fees are an additional cost.

Contact Instructor prior to 1st day of class.
Renard Beatty, Head Instructor,
Dynamicgm@aol.com

Adult ages 16+ years:

All Belts:

Tuesdays, 7:00 – 8:00 pm

Sundays, 4:00 – 5:00 pm

Beginner & Intermediate:

Fridays, 6:30 – 7:30 pm

Advance:

Fridays, 7:30 – 8:30 pm

Black Belt Class:

Saturdays, 1:00 – 2:00 pm

MEM: \$50 PRO: \$70

