

Football, Dodgeball, Lacrosse & more!

NEW Omni-Kin Ball

Omni-Kin Ball *ages 12-adult*: This is a sport played with three teams at the same time on one court, using a giant 4-foot ball weighing only 2 pounds. The serving team calls the color of one of the opposite teams of its choice. The team that has been called must catch the ball before it touches the floor and then serve it back to another team. If a team lets the ball drop to the floor, the two other teams score one point each. Players can use their whole body to keep the ball off the floor but only the upper body to serve the ball. The YMCA will be introducing this sport at an expo night (see information below) to put these words into action! This game will also be available for group/corporate rentals (instructional materials and tutorials available).

Expo Night: Friday, Sept. 25

Three Time Slots: 6:00 pm – 6:45 pm (ages 12-14);

7:00 – 7:45 pm (ages 15-18); 8:00 – 8:45 pm (ages 19+)

Register by: Sept. 24 (Register early. Limited space available!)

MEM & PRO: \$5 • Group Rentals: \$100/hour (starts Oct.)

Lacrosse

Lacrosse 101 *ages 7-11*: This is a 6-week session geared towards locking in the fundamentals of the sport through various activities and the possibility for small-sided game play. Lacrosse stick required. Discover your game!

Thursdays, 4:15 pm – 5:00 pm

Session 1: Aug. 20 – Sept. 24 • Register by: Aug. 17

Session 2: Oct. 1 – Nov. 5 • Register by: Sept. 28

MEM: \$50 PRO: \$80



Lacrosse 102 *ages 10-14*: This is a 6-week session geared towards taking your game to the next level through more advanced skill activities and game strategy. Lacrosse stick, face protection and shoulder pads required. "Step up" your game!

Thursdays, 5:00 pm – 5:45 pm

Session 1: Aug. 20 – Sept. 24 • Register by: Aug. 17

Session 2: Oct. 1 – Nov. 5 • Register by: Sept. 28

MEM: \$50 PRO: \$80



Andrew Ross

Sports Program Coordinator

phone: 678-507-9625

Volleyball

Adult Volleyball Pick-Up *ages 15+*: Games will be played to 15 using rally scoring. There is a 2 game max, and then the winning team must rotate out if 5 or more players are waiting. All players must abide by the open gym rules.

Wednesdays, 7:00 pm – 10:00 pm

Flag Football

Flag Football After-School Sports Program at Garrison Mill and Mt. Bethel Elementary Schools *grades K-5th*: An after-school flag football program held at their school! Flag football is a minimum contact alternative to tackle football that emphasizes the fundamentals of the sport such as passing, catching and running as well as learning plays and strategies. No equipment required!

Garrison Mill Elementary School

Tuesdays, 4:30 pm – 5:30 pm

Aug. 18 – Oct. 6 • Register by: Aug. 14

Mt. Bethel Elementary School

Thursdays, 4:30 pm – 5:30 pm

Aug. 20 – Oct. 8 • Register by: Aug. 14

MEM: \$60 (add'l child \$10 off)

PRO: \$90 (add'l child \$10 off)



Dodgeball

5th Annual Mega Dodgeball Tournament

***ages 7-adult*:** Four Coed Divisions: Elementary School; Middle School; High School; Adult Join us for target practice in our popular dodgeball tournament. The tournament will be double elimination, best three out of five sets. Register by teams (6 to 8 members). At least one person on the team must be a YMCA facility or program member.

Friday, Oct. 23, 6:00 pm – 10:00 pm

Register by: Oct. 16

Fee: \$75 per team