

Sports & Rec: Youth & Adult

Indoor Soccer

Youth Indoor Soccer ages 5-17: This is the ideal program for youth soccer fans who want to stay in shape and have fun during the winter months. Indoor soccer is a fast-paced game with lots of excitement. Season will include games only, no practices. Cost includes 6-week season, t-shirt, & end of season award. Age division determined as of Aug. 1, 2008.

Registration Deadline: Dec. 1

Season: Jan. 10 – Feb. 15

U6 (4 -5 years) & U8 (6-7 years): Saturday afternoons

location: Samuel L. Jones Boys & Girls Club

MEM: \$60 PRO: \$75

U10 (6-7 years) & U12 (10-11 years): Saturday mornings

location: Samuel L. Jones Boys & Girls Club

MEM: \$70 PRO: \$85

U14 & Above (12-17 years): Sunday afternoons/evenings

location: Decatur-DeKalb Y

MEM: \$80 PRO: \$95



For more information, contact Kathy Meyer-Frisbey, Community Sports Director, kathyf@ymcaatlanta.org, 404-377-9622 ext. 3314.

Other Sports

Shorei-Ryu Okinawan Karate ages 6-15: Led by Chief Instructor Sensei Matt Pierson and Assistant Instructor Sensei Stanley Dent will improve your physical fitness; increase your strength, flexibility, mental awareness and self-confidence. Registration at the Membership Desk. Faxed registration not be accepted.

Tuesdays & Thursdays, 6:30 – 7:30 pm

MEM: \$45/4 weeks PRO: \$65/4 weeks



Adult Men's Basketball League ages 18+: Join the YMCA Men's Basketball League for some fun and competitive basketball play. League will include 10 weeks of games and a post season tournament. Team and/or individual awards will be given at the end of each season.

Monday evenings, Time TBA

MEM & PRO: \$450/team

Basketball players must register as a team. Individual players interested in playing on a team need to contact Sports Director Michael N. Duncan at 404-371-3315.



Volunteers Wanted! Volunteers are very important to the YMCA and the community it serves. Volunteering not only makes the Decatur-DeKalb YMCA a better place, but it also gives you an opportunity to touch a life, to make new friends, and to personally grow.

- **Happy Club Chaperone/Driver:** Twice a month on weekends we take young adults 16 years and older with disabilities to activities out in the community (Braves game, bowling, movies & dinner, etc.).
Valentine Dance- Feb. 14, 7:00 - 10:00 pm
- **Gymnastics Assistants:** Help instructors with children, set up and break down gymnastic equipment.
- **Member Greeter:** Greet members as they come to workout at the YMCA.
- **Sports Coaches:** Teaching basic skills for sports recreation programs for ages 3 to 18, such as soccer and basketball.
- **Sports Field Monitor:** Assist with field lining, field monitor and office administration.
- **Refugee Program:** Assist with instruction in soccer to children ages 4-14, or help provide snacks for participants.
- **Partner With Youth:** Join other YMCA members by helping us raise money for our Partner With Youth Annual Campaign. Together, we help kids and families participate in Y programs!
- **Beep Baseball:** We need sighted players to assist blind and visually impaired games of baseball!

Contact Janice Mathews at 404-371-3309 or janicem@ymcaatlanta.org for more information.