

# Sports: Youth Programs

## Karate

**Soo Bahk Do Karate *ages 5+:*** A traditional Korean martial art, focusing on the development of mind, body and spirit and emphasizing endurance, patience, confidence, and most importantly, the avoidance of conflict. Monthly

**Introductory** by appointment only

**Basic:** Thursdays, 6:15 – 7:00 pm &

Saturdays, 8:45 – 9:30 am

**Mastery:** Thursdays, 7:15 – 8:00 pm &

Saturdays, 8:00 – 8:45 am

**Leadership:** Thursdays, 7:15 – 8:00 pm &

Saturdays, 9:30 – 10:15 am

MEM: \$65/month PRO: \$75/month



## Flag Football *Registers July 13 – August 23*

### Flag Football *ages 5-10:*

**Practice:** begins week of Sept 14 • **First game:** Sept 19

**Last game:** Nov 7 (*weather permitting*)

MEM \$87 PRO \$97

Coaches meeting, Thurs, Sept 3 at 7:00 pm.



## Basketball *Register July 20 – August 30*

**Winter Youth Basketball League *coed ages 3-12:*** Boys & girls will practice once a week with games Saturdays.

**Registration:** Sept 26 – Nov 15

**Practice starts:** Nov 30 (11/12 will begin week of Jan 14)

**Games:** Dec 12 – Feb 13

MEM: \$87 PRO: \$97

**Cheerleading *ages 3-14:*** Cheer on the YMCA basketball team! See above for registration, dates and fees.

**Girls Basketball Instruction *ages 8-14:*** Girls will be taught the fundamentals of basketball thru drills and scrimmage games. Participants will meet twice a week for practices - this is instructional only. There will be scrimmage games during the practice sessions.

**Practice:** begins week of Sept 14 (8 week program)

**Ages 8-10:** Tuesdays/Thursdays, 6:00 – 7:00 pm

**Ages 11-14:** Tuesdays/Thursdays, 7:00 – 8:00 pm

MEM: \$87 PRO: \$97 (*age groups may be combined as needed*)



## Soccer *Registers July 13 – August 23*

**Kiddie Kickers *age 3:*** Kids will learn the fundamentals of soccer while playing in a positive and fun environment.

**Saturdays only** (6 weeks)

**First Game:** Sept 26 (*weather permitting*)

**Last Game:** Oct 31 (*weather permitting*)

MEM: \$62 PRO: \$72



**Youth Soccer *ages 4-9:*** Players will learn to play to the best of their abilities at the instruction of YMCA Volunteer coaches!

**Saturday Games** (*and weekday practice*)

**Practice:** begins week of Sept 14

**First Game:** Sept 19 (*weather permitting*)

**Last Game:** Nov 7 (*weather permitting*)

MEM: \$92 PRO: \$102

Coaches meeting, Tuesday, Sept 8 at 7:00 pm.

New parent orientation, Wed, Sept 9 at 7:00 pm.



## Volleyball *Register July 20 – August 30*

**Coed Volleyball *age 8-14:*** Fundamental volleyball through drills & games. Meets twice a week. Beginning week 5, there will be Monday practices and Wednesday games.

**Meets twice a week:** (Mondays & Wednesdays)

**Practice:** begins week of Sept 14 (8 weeks)

**Ages 8-10:** 6:00 – 7:00 pm

**Ages 11-14:** 7:00 – 8:00 pm

MEM: \$87 PRO: \$97

Coaches meeting, Thursday, Sept 10 at 7:00 pm.

