

Sports & Rec: All Season Sports

Martial Arts

Martial Arts ages 5+: A traditional martial art that develops mind, body, and spirit and emphasizes personal improvement. Our YMCA studio is a satellite school of T.M. KIM Global Tang Soo Do. Tang Soo Do provides the curriculum and promotion testing from beginning white belts to advanced black belts. Classes include the traditional blocks, kicks, punches, sparring, self-defense, and forms. All classes are taught by second, third and fourth degree certified instructors. Prospective students are encouraged to visit classes and meet the instructors. There are additional fees charged for uniforms and testing.

Session Dates:

Sept. 2-30 • Oct. 5-28 • Nov. 2-30 • Dec. 2-26



Youth (6-10):

Mon/Thur 6:30 – 7:15 pm

MEM: \$50 PRO: \$70

Pre Teen/Teens & Adults (11+):

Mon/Thur 7:15 – 8:00 pm

MEM: \$50 PRO: \$70

Youth Soccer

Youth Fall Soccer ages 3-14: A recreational league based on family involvement and child development. A fun program where everyone plays! Players ages 3-14 will have one weeknight practice and one weekend game each week. Kiddie Kickers, our program for 3 year olds, is a weekly clinic with parent involvement and no weekend games.

Registration begins: July 25, 9:00 am

Coaches Meeting: July 8, 7:00 pm

New Parent Orientation: August 19, 7:00 pm

Practices Begin: Week of August 31

Games Begin: Sept 12

MEM: Age 3: \$80 Ages 4-14: \$90

PRO: Age 3: \$105 Ages 4-14: \$130



Racquetball

Racquetball free for facility members: Courts may be reserved by members only for one-hour time slots. **Call 770-451-9622 to reserve same-day or next day slots.**



Basketball

Adult Pick-Up Basketball free for facility members ages 16+:

Mondays & Wednesdays, 6:00 – 8:00 pm

Saturdays, 10:00 am – 12:00 pm

Sundays, 12:00 – 3:00 pm

Basketball

Basketball ages 3-14: An instructional league where everyone plays! Participants will commit to one practice and one game per week! Our 3 year old program is a weekly clinic with some parent involvement. Program includes team jersey and award.

Sept 30- Coaches Meeting 7 p.m.

Oct 17- Registration Begins 9 a.m.

Nov 30- Practices Begin

Age 3: MEM: \$80 PRO: \$105

Age 4-14: MEM: \$90 PRO: \$130



Fall Flag Football

Fall Flag Football ages 5-8: A recreational league based on family involvement and child development. Kids will participate in a clinic for the first 45 minutes and then they will put their skills to the test by playing a game for the last 45 minutes! Program includes shirt and award. Please contact the Sports Office for more details.

Coaches Meeting: Sept 16, 7:00 pm

Registration begins: Sept 21, 9:00 am

New Parent Orientation: Oct 28, at 7:00 pm

First session: November 8

MEM: \$90 PRO: \$130

