

Sports & Rec: Sports Programs

Soccer

Indoor Youth Soccer *ages 3-16*: Our younger participants will engage in indoor soccer at Heard's Ferry Gym and at the YMCA. Older age groups will play Futsal, a Brazilian style indoor soccer game, that develops foot skills and speed in a smaller, tighter playing field. Come see why the Brazilians train on Futsal before playing soccer.

Registration begins in November.
Session Starts: January (8-games)
MEM: \$102 PRO: \$132



Spring Youth Soccer *ages 2-14*: Come learn to play soccer at the YMCA! We are a GSSA sanctioned club. We play our games at the Windsor Parkway Sports Complex and Heards Ferry Elementary School.

Registration begins in January

Adult Soccer *ages 18+*: Adult Soccer is underway. The YMCA plays modified, co-ed 8v8. New for the season is an over 40 league. All over 40 league teams do not have to be co-ed, but will be expected to play in the regular league. Games at Windsor Parkway Sports Complex.

Session Starts: Sundays in September (8-week session)
Team Cost: \$700

Golf

Golf *ages 7-14*: Lessons held at the Cross Creek Golf Course (5 minutes from the YMCA). Learn the basics of putting, driving & iron play. Two, five-week sessions. Clubs will be provided but children are encouraged to bring their own.

Session Starts: September (5- week session)
MEM: \$140 PRO: \$165



Snag Golf *ages 3-6*: Snag Golf is back at the YMCA. Come learn this unique game developed by former Tour Professionals Wally Armstrong and Terry Anton. This skill development game that shows kids the basic skills. Snag Golf will be at the Cross Creek Golf Course.

Session Starts: September (8-week session)
MEM: \$125 PRO: \$150



Basketball

Youth Basketball *ages 6-12*: Two weeks of practice and 6 weeks of games. The first week will also be a skill assessment. Teams formed based on age and skill level.

Session Starts: Saturdays in October (8 wks)
MEM: \$90 PRO: \$120



Mens Basketball League *ages 18+*:

Limited to first 10 teams to register.

Games: Sunday afternoons at the Y
Begins in January
\$400 per team

Martial Arts

Martial Arts *ages 6+*: Korean Hapkito self-defense! Start off with basic body movements, kicks, strikes, falls, and rolls. Safety is always first and students are given a chance to learn more advanced techniques through periodic testing. Improve confidence, self-control, focus, discipline, fitness, leadership and attitude.

Session Starts: Saturdays, in Sept. (8 wks)

Registration begins in June

MEM: \$125 PRO: \$150



Fencing

NEW Fencing *all ages*: Come learn one of the oldest sports with our world renowned coaches. All skill levels. Experience the sport that combines the mental skills with finesse and grace.

Session Starts: Fridays, in October (8 wks)

MEM: \$125 PRO: \$150 (equipment rental \$25)



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Gymnastics and Dance

Check facility for class days and times.

Fees: MEM: \$85 PRO: \$120 (for 8 week session)

MEM: \$65 PRO: \$90 (for 6 week fall/winter session)



August 31-October 24 • November 2-December 14

Gym Joeys *ages 18 months-3 years:* This is a 40-minute parent-assisted class. **Saturdays only**

Gym Lizards *ages 3 1/2-5:* This is a 45-minute, non-parent assisted class for beginners. Participants will be taught the basics of gymnastics. **Tues or Thurs or Saturdays**

Advanced Lizards *ages 3 1/2-5:* This 50-minute advanced class is not parent assisted. Participation is by referral only. **Tues or Thurs or Saturdays**

Ballet *ages 3-5:* This 45-minute class teaches the dancers pre-ballet discipline, poise, extension, balance and control. Students should wear a leotard, (young children do not have to wear tights), skirt and ballet shoes. **Saturdays only**

Tap and Jazz *ages 5-12:* Let your child experience the rhythm and blues era with our new jazz and tap class. We will teach precision and grace through the movement of dance. This 45-minute class will have a lasting impression on your dancer and will build confidence and attitude. Tap shoes and attachments are needed.

Monday 3:00 – 4:00 pm • held in the Aerobics Room

Gym Rollers/Advanced Rollers *ages 6-12:* This is a 60-minute independent class. Participation in Advanced Rollers is by referral only. **Tues or Thurs or Saturdays**

NEW Beginner Gymnastics *ages 7-12:* This 40-minute class is great for a child who has never been introduced to gymnastics. **Mondays only**

Hip Hop *ages 7+:* This fast-paced class will enhance your child's cardio while teaching them choreography. In this 1hr class they will learn fun up-tempo dance moves that are the foundations of hip hop.

Friday 4:00 5:00 pm and Saturday 9:45 AM – 10:45 am
Class held in the Community Room

Gym Tumblers *ages 13-15:* This 70-minute, independent class is perfect for young teens & advanced students!
Tues or Thurs or Saturdays



Our facility offers nine outdoor, lighted tennis courts, five clay courts and four hard courts. We offer private and semi-private lessons, group clinics and ALTA & USTA Leagues (leagues are for facility members only).

Tennis

Tennis Lessons *ages 3+:* For detailed times, dates, and other tennis programs, visit our website: sby.ymcaatlanta.org.

Private Lessons:

MEM: \$60/1 hr. • \$30/30 min.

PRO: \$65/1 hr. • \$35/30 min.



Junior Clinics (Beginner/Advanced Beginner):

MEM: \$80 PRO: \$120 (6-wk session)

Junior Academy Clinic (Intermediate/Advanced):

MEM: \$150 PRO: \$180 (6-wk session)

Adult Clinics (Six, 1-hour clinics):

MEM: \$75 PRO: \$100

Adult Clinics (Six, 1.5-hour clinics):

MEM: \$90 – \$120 PRO: \$100 – \$125

*Individual Clinics:

1-hour: MEM: \$15 PRO: \$20

1.5-hours: MEM: \$18 PRO: \$23

