

Sports & Rec: Youth & Adults Sports

Youth Sports

The philosophy of YMCA Youth Super Sports embodies the mission of the YMCA, and provides the framework and foundation on which YMCAs can build their sports programs.

The Seven Pillars of YMCA Youth Sports:

1. **Everyone plays**
2. **Safety first**
3. **Fair play**
4. **Positive competition**
5. **Family involvement**
6. **Sport for all**
7. **Sport for fun**

Youth Soccer *ages 4-11:* The YMCA soccer program stresses sportsmanship, skill development, and team work. All skill levels are welcome. The YMCA recreational league will be divided into four age divisions: U6 (4-5 yrs), U8 (6-7 yrs), U10 (8-9 yrs), U12 Boys (10-11 yrs) and U12 Girls (10-11 yrs). An eight week season will start with 2 weeks of practices followed by 6 weeks of games. Practices will be held during the week, Games will be held on Saturdays. Shin Guards required.

Fee includes a t-shirt uniform

Registration begins: August 3rd

Parent Orientation: August 20th

Practice begins: September 8th

Games begins: September 19th

MEM: U6: \$45 U8, U10, U12: \$60

PRO: U6: \$65 U8, U10, U12: \$80



Youth Basketball *ages 4-12:* An instructional league where everyone plays! Participants will commit to one practice and one game per week!

Program includes team jersey.

Registration Begins: Oct

Age 3-5: MEM: \$60 PRO: \$80

Age 4-12: MEM: \$75 PRO: \$95



Adult Sports

Adult Pick-Up Basketball *ages 16+:*

Please check the gym schedule for new days and times. MEM Only: Free

Adult Self Defense *ages 13+:* Utilizing a variety of martial arts styles and techniques, our Adult Self Defense program is a sequence building course designed to prepare the individual to defend her/himself against single and multiple attackers.

Sundays: 3:00 pm

All Sessions

MEM: \$75 PRO: \$110

