



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SPORTS

Youth and Adult Sports West Seattle & Fautleroy

YOUTH SPORTS

OUTDOOR SOCCER

Taking the fun outdoors. This sport provides players with skill building activities in a variety of subjects such as passing, dribbling, shooting, and defense. Emphasis is on sportsmanship, skill-building, participation, friendship, and fun.. Ages 3-10.

Program is offered in the Fall.

BASKETBALL

This is a recreational basketball program designed for youngsters to have fun while learning sportsmanship, as well as basketball rules and skills. Games are played with age-appropriate equipment and lower hoops for the younger kids. Ages 4-11.

Program is offered in the Winter and Summer.

INDOOR SOCCER - FUTSAL

Indoor Soccer gives participants the opportunity to learn basic soccer skills, like passing, dribbling, shooting, and team work. Indoor soccer is quick, and unlike traditional soccer, there is no out of bounds, so the action does not stop. Ages 3-12.

Program is offered in Winter/Spring.

T-BALL & COACH PITCH BASEBALL

This program is designed for younger ages to help players learn basic baseball skills, such as batting, catching, throwing and basic game play. Our coaches emphasize participation, skill-building, sportsmanship, teamwork, fitness, friendship, family involvement and fun. Ages 3-10.

Program is offered in the Spring.

SPORTS CAMPS

Sports Camps are designed to incorporate fair play, teamwork and inclusiveness to promote healthy activity, friendship and fun. Camps include, traditional sports, playground sports, soccer, and jump rope. Ages 4-12.

Program is offered in the Summer

WEST SEATTLE & FAUNTLEROY YMCA

9140 California Ave SW, Seattle, WA 98136

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ADULT SPORTS

4V4 BASKETBALL LEAGUE

Our Adult Basketball league is designed to provide convenient means of exercise, recreation and competition for adults. Sign-up as a team or an individual. 18+ league, and 40+ league.

Program is offered in the Spring

CO-ED SOFTBALL

Your favorite game is here! Hit the diamond in our fun-filled Softball League open to men and women ages 18 and older. So dust off that old glove and get your swing back in motion with this useful way of getting exercise while enjoying an entertaining pastime that promotes a healthy lifestyle.

Program is offered in July/August.



Seasons typically include 7 game schedule, and one practice during the week. Registration opens about 6 weeks prior to start of season.

For more info call 206-937-1000 or email mschlede@seattleyymca.org

Everyone is welcome. Financial assistance is available. The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.