

YOUTH SPORTS

| FALL | | WINTER | | SPRING |
|--|---------------------------------|-----------------------------------|------------------------------------|-----------------------------------|
| Outdoor Soccer League (ages 3-5) | Basketball League (ages 3-5) | Floor Hockey League (ages 3-5) | Indoor Soccer League (ages 3-5) | T-Ball League (ages 3-5) |
| Outdoor Soccer & Flag Football League (ages 6-10) | | Basketball League (ages 6-10) | | Coach Pitch League (ages 6-10) |
| | | Club Volleyball (ages 11-17) | | |
| Itty Bitty Sports: T-Ball, Indoor Soccer & Basketball (ages 3-6) | | | | |

DESCRIPTIONS & DETAILS

BASKETBALL. The YMCA has a long history of supporting this American sport. Did you know what a YMCA director invented 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.

CLUB VOLLEYBALL. Club Volleyball is a competitive athletic team for girls ages 11-17, that improves players' skills in the offseason, while maintaining a light, positive, fun atmosphere.

COACH PITCH. The parent-coached program will focus on fundamental skills and concepts. We will use modified rules. Coaches will be doing the pitching to all players. Emphasis is on participation, skill-building, sportsmanship, teamwork, fitness, friendship, family involvement and fun.

FLAG FOOTBALL. YMCA flag football is a recreational program designed for youngsters new to the sport of football as well as those who want to brush up on the rules, tactics and skills, improve their game and most importantly have fun! Learn basic offense and defense skills. Our focus is on football education, participation and sportsmanship.

FLOOR HOCKEY. This game has modified rules and skills as regular hockey and is played in a gym without skates. Youngsters will learn the basics of the game while having tons of fun and focus on participation, sportsmanship, fitness, friendship and family involvement.

INDOOR SOCCER. Indoor soccer gives participants the opportunity to learn basic soccer skills, like passing, dribbling, shooting and teamwork. Indoor soccer is quick, and unlike traditional soccer there is no out of bounds, so the action does not stop. If your child is looking for a fun and positive experience, they will truly enjoy indoor soccer.

ITTY BITTY SPORTS. This class introduces sports to young kids, ages 3-6, developing hand-eye and foot-eye coordination, and basic skill fundamentals while playing fun games and using age-appropriate equipment. Classes are 30-minutes, twice a week.

T-Ball, Indoor Soccer and Basketball, are offered in 4-week sessions throughout the year.

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. Different sized soccer balls and field sizes are used for each age group offered. Emphasis on sportsmanship, skill building, participation, friendship and fun.

T-BALL. This program is designed for younger ages to help players learn basic baseball skills, such as batting, catching, throwing and basic game play. All children are encouraged to play, getting equal chances to bat, run bases and play in the outfield. Our coaches emphasize participation, skill-building, sportsmanship, teamwork, fitness, friendship, family involvement and fun.

LEAGUE & CLASS INFORMATION

REGISTRATION. Forms are required for each paid program for each participant before participation and are available at Member Services. Though it is always our intention to follow the scheduled format, participants signed up for a session that does not meet the minimum enrollment will be contacted prior to the start of the class/league. Teams or classes might be combined due to low enrollment, which may change the class/practice date and time. At that time a refund will be offered if the new date and time does not work for you. We appreciate your cooperation.

VOLUNTEERS. Youth Sports Leagues are not possible without adult volunteer coaches. Indicate coaching interest on the registration form. Please ensure our league's succeed by volunteering today. Teams without a coach may not be eligible.

CONTACT INFORMATION

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