

NORTHSHORE YMCA AND THE NATIONAL ALLIANCE FOR YOUTH SPORTS PRESENTS:

START SMART

Who: Start Smart is open to children (3-5 years old) who can attend each session with a parent or other significant adult.

When: Tuesdays, Jan.3-Feb.7, 9:15-10:15AM

Where: Northshore YMCA Family gym

Cost: Facility Members = \$39
Program Members = \$55



Start Smart is a six-week instructional program that helps parents work one-on-one with their children while teaching them the basics of sports: throwing, catching, kicking, and batting. The program helps prepare children for organized youth sports by using safe and fun equipment to teach them the basic motor skills needed to



SIGN UP AT THE FRONT DESK!



For more information contact Kari Schmauch at 425-485-9797 or kschmauch@ns.seattleyymca.org

YSPORTS
We build strong kids, strong families, strong communities.