

# Sports & Rec

Register for over 1,000 programs  
with our **NEW Online Registration!**

## Martial Arts

**Martial Arts ages 6+:** A traditional martial art that develops mind, body, and spirit and emphasizes personal improvement. Our YMCA studio is a satellite school of T.M. KIM Global Tang Soo Do. Tang Soo Do provides the curriculum and promotion testing from beginning white belts to advanced black belts. Classes include the traditional blocks, kicks, punches, sparring, self-defense, and forms. All classes taught by fifth degree certified instructor. Prospective students are encouraged to visit classes and meet the instructors. There are additional fees charged for uniforms and testing.

**Session Dates: \*\* NEW Six Week Sessions \*\***

**Session 4: May 24 - July 1**

Registration begins April 26

**Session 5: July 5 - August 12**

Registration begins June 7

**Session 6: August 16 - September 23**

Registration begins July 19

**Youth (6-10):**

Mon/Thur 6:30 – 7:15 pm

MEM: \$80 PRO: \$110

**Pre Teens - Adult (11+):**

Mon/Thur 7:15 – 8:00 pm

MEM: \$80 PRO: \$110



## Youth Soccer

**Youth Fall Soccer ages 3-14:** This is a recreational and instructional league built on skill development and fair play. Players will have one weeknight practice and one weekend game. Our 3 year old division, Kiddie Kickers, will meet once a week for 8 weeks. Participants in the U12 and U14 divisions may travel for games to increase the variety of opponents. Participants in Kiddie Kickers, U5 and U6 division will receive a game shirt. New participants in U8-U14 divisions will need to purchase a home & away jersey when registering. All players will receive an end of the season award. Coaches are volunteers, if you are interested, please contact the Sports Office!

**Online & Office Registration begins: July 24 at 9:00 am**

New Parent Orientation: August 25 at 7:00 pm

Practices Begin: Week of August 30, for U5-U14

Week of Sept 6, for Kiddie Kickers

Games Begin: September 11

MEM: Age 3: \$80 Ages 4-14: \$90

PRO: Age 3: \$105 Ages 4-14: \$130



## Racquetball

**Racquetball free for facility members:**

Courts may be reserved by members only for one-hour time slots. **Call 770-451-9622 to reserve same-day or next day slots.**

## Basketball

**Adult Pick-Up Basketball free for facility members ages 16+:** Grab your buddies & hit the hoops!

Mondays & Wednesdays, 6:00 – 8:00 pm

Saturdays, 10:00 – 12:00 pm

Sundays, 1:00 – 3:00 pm

## Summer Baseball

**Summer Baseball ages 3-7:** This is a great program to compliment all of your summer activities. This is a recreational and instructional league built on skill development and fair play. Super Swingers, our 3 year old division, will practice once a week in a clinic setting. Participants ages 4-7 will practice once a week and play a game on Saturday. Ages 4-5 will play T-Ball and 6-7 will participate in Coach Pitch Baseball. All players will receive a team jersey and team award. All coaches are volunteers. If you are interested, please contact the Sports Office today!

**Online & Office Registration begins:**

**April 12 at 9:00 am**

New Parent Orientation: May 12, 7:00 pm

Practice Begins: Age 3, week of June 1

Age 4-7, week of May 24

Games Begin: June 5

MEM: Age 3: \$80 • Ages 4-7: \$90

PRO: Age 3: \$105 • Ages 4-7: \$130

