

Sports & Rec

Register online now!

BASKETBALL & CHEER *more info: Michaeld@ymcaatlanta.org*

Youth Basketball ages 3-18: Uniform included.

Early Registration: Monday, August 29

Late Registration: Sunday, November 12

Coed ages 3-4: Games January 14 - February 18

MEM: \$75 PRO: \$90

Coed ages 5-8: Practice starts Nov 28 • Games start Dec 10

No practices of games December 18 - January 2

MEM: \$80 PRO: \$95

Boys ages 9-18 and Girls age 9-10:

Practice starts Nov 28 • Games start Dec 10

No practices of games Dec 19 - Jan 2

MEM: \$85 PRO: \$100

Youth Cheerleading ages 5-12: Cheer on our basketball teams! Registration and schedule matched the basketball leagues above.

MEM: \$90 PRO: \$105



INDOOR FUTSOL SOCCER

more info: KathyF@ymcaatlanta.org

Youth Indoor Soccer ages 4-17: A fastpaced game perfect for the winter months. Includes t-shirt. Age division determined by age as of August, 1, 2011.

Regular Registration: November 15 - December 15

Season: January - February

U6 (4-5 years) & U8 (6-7 years): Saturday mornings/early afternoons

Location: Friends School

MEM: \$60 PRO: 75

U10 (6-7 years) & U12 (10-11 years): Saturday mornings/afternoons

Location: Samuel L. Jones Boys & Girl's Club

MEM: \$70 PRO: 85

U14+ (12-17 years): Sunday afternoons/evenings

Location: Decatur Family YMCA

MEM: \$80 PRO: \$95 Team rates available!



Volunteers Wanted! Volunteers are very important to the YMCA and the community it serves. Volunteering not only makes the Decatur-DeKalb YMCA a better place, but it also gives you an opportunity to touch a life, to make new friends, and to personally grow.

- **Happy Club Chaperone/Driver:** Twice a month on weekends we take young adults 18 years and older with disabilities to activities out in the community (Braves game, bowling, movies & dinner, etc.).
Valentine Dance- Feb. 14, 7:00 - 10:00 pm
- **Gymnastics Assistants:** Help instructors with children, set up and break down gymnastic equipment.
- **Sports Coaches:** Teaching basic skills for sports recreation programs for ages 3 to 18, such as soccer and basketball.
- **Sports Field Monitor:** Assist with field lining, field monitor and office administration.
- **Refugee Program:** Assist with instruction in soccer to children ages 7-16, or help provide snacks for participants.
- **Partner With Youth:** Join other YMCA members by helping us raise money for our Partner With Youth Annual Campaign. Together, we help kids and families participate in Y programs!
- **Beep Baseball:** We need sighted players to assist blind and visually impaired games of baseball!

Contact Janice Mathews at 404-371-3309 or janicem@ymcaatlanta.org for more information.

Gymnastics

Register online now!

PRESCHOOL & YOUTH ages 2-8 • 50-minutes

Our programs offer an introduction to all early gymnastics venues. Specifically designed to enhance body awareness, balance, coordination, core strength and self-confidence.

MEM: \$70 PRO: \$100 all sessions are 8 classes • 50 minutes long

2 year olds boys & girls: Must be able to be in class without a parent. Child must be able to sit and wait for their turn.

Tuesdays, 9:00 am, 10:00 am, 4:00 pm or 5:00 pm

Thursdays, 4:00 pm or 5:00 pm

Saturdays, 9:00 am, 10:00 am or 11:00 am

3-4 year olds boys & girls:

Tuesdays, 9:00 am, 10:00 am or 4:00 pm

Thursdays, 4:00 pm, 5:00 pm or 6:00 pm

Saturdays, 9:00 am, 10:00 am or 11:00 am

4-5 year olds boys & girls:

Tuesdays, 4:00 pm or 5:00 pm

Thursdays, 4:00 pm, 5:00 pm or 6:00 pm

Saturdays, 9:00 am, 10:00 am or 11:00 am

3-4 year olds boys only: Sweatpants/shorts & t-shirt.

Tuesdays, 4:00 pm or 6:00 pm

Thursdays, 4:00 pm or 5:00 pm

Saturdays, 10:00 am or 11:00 am

5-9 year olds boys only: Sweatpants/shorts & t-shirt.

Tuesdays, 4:00 pm

Thursdays, 4:00 pm

Saturdays, 9:00 am, 10:00 am

ADVANCED PRESCHOOL

Hot Shots coed ages 3-6: Advanced preschool gymnastics. Must be pre-approved to attend class. Skills required: basic handstand, cartwheel, bridge and pull over on bars.

Thursdays, 4:00 pm

Saturdays, 9:00 am

MEM: \$85 PRO: \$110



Gymnastics Session Dates

October 15 - December 15

No classes November 21-27

January 14 - March 8

Registration starts November 1

Session 3: March 10 - May 10

Registration starts Nov 1 • No classes April 3-7

PROGRESSIVE GYMNASTICS ages 6-12

Our Gymnastics program is based on YMCA, and AAU skill evaluations. Students will learn different skills at each level and will build upon them progressively. Children **MUST** be six to enroll in Progressive class.

MEM: \$85 PRO: \$110



Girls Progressive 1: Children who have never taken gymnastics before.

Tuesdays, 4:00 - 5:00 pm or 5:00 - 6:00 pm

Thursdays, 4:00 - 5:00 pm or 6:00 - 7:00 pm

Saturdays, 9:00 - 10:00 am or 11:15 - 12:15 pm

Girls Progressive 2: Must be able to do a cartwheel, backward roll, handstand and bridge.

Tuesdays, 4:00 - 5:00 pm or 5:00 - 6:00 pm

Thursdays, 4:00 - 5:00 pm

Saturdays, 9:00 - 10:00 am, 10:10 - 11:10 am or 11:15 am - 12:15 pm

Girls Progressive 3: Advanced beginners must be able to do a basic round off, backbend, handstand, forward roll, pull over and casting.

Tuesdays, 5:00 - 6:00 pm

Thursdays, 5:00 - 6:00 pm, 6:00 - 7:00 pm

Saturdays, 10:10 - 11:10 am

Gymnastics

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COMBO CLASSES

Gym-n-Swim Combo coed ages 3-5: This unique program combines 30 mins of gymnastics and 30 mins of pike level swim lessons. Please wear swim suit to class.

Thursdays, 6:00 pm • Saturdays, 8:50 am or 10:00 am
MEM: \$95 PRO: \$125

Gym-n-Dance coed ages 3-5: Dance is a very important part of gymnastics. This class will combine 30 minutes of gymnastics with 30 minutes of beginning ballet. Please wear a leotard and ballet shoes to class.

Tuesdays, 4:00 pm • Thursdays, 4:00 pm or 5:00 pm
Saturdays, 9:30 am, 11:30 am or 12:00 pm
MEM: \$95 PRO: \$125

Dance-n-Swim coed ages 3-5: This class will combine 30 minutes of dance with 30 minutes pike/eel swimming. Please wear a swim suit to class.

Thursdays, 5:00 pm • Saturdays, 12:00 pm

YOUTH GYM & DANCE

Gym & Dance ages 3-9: Dance is a very important part of gymnastics. This class will combine 30 minutes of gymnastics with 30 minutes of beginning ballet.

Ages 3-9: Tuesdays or Thursdays, 4:00 – 5:00 pm
Thursdays, 5:00 – 6:00 pm
Saturdays, 9:30 – 10:30 am
Saturdays, 11:30 – 12:30 pm
Saturdays, 12:00 – 1:00 pm

Ages 6-9: Fridays, 12:00 – 1:00 pm
MEM: \$95 PRO: \$125

Ballet: Will be in either the small or large aerobic room. Please wait outside the small room on the 1st day.

GYMNASTICS TEAM

Girls Competitive Gymnastics Team: A place for girls who work hard and have a drive to be the best gymnast that they can be. This program is a year round commitment for parents and gymnasts. Gymnasts must try out to participate on the gymnastics team.

Tuesdays & Thursdays, 4:30 – 7:30 pm

Contact Kim Castro for more information.



Session Dates

October 15 – December 15

No classes November 21-27

January 14 – March 8

Registration starts November 1

Session 3: March 10 – May 10

Registration starts Nov 1 • No classes April 3-7

YOUTH BALLET

Ballet ages 3-9: This is an introduction to the basic skills and terminology of ballet. Children will be working to develop body awareness, strength, flexibility and an appreciation of the art of ballet. Please wear a leotard and ballet shoes to class.

Ages 3-5: TU/TH, 4:00 – 4:45 pm

Ages 6-9: Fridays, 4:00 – 4:45 pm

MEM: \$70 PRO: \$100

YOUTH PERFORMANCES

Jingle Bell Performances:

December 18 • Registration begins October 16
Cost: \$20 per child (include gymnastics backpack)

Gym/Dance: Tuesday/Thursday class will start in the large aerobic room and end in the gym. Saturday classes will start in the gym and end in the small aerobic room.