

Sports & Rec: Youth & Adult

Karate

Shorei-Ryu Okinawan Karate ages 6-15: Led by Chief Instructor Sensei Matt Pierson and Assistant Instructor Sensei Stanley Dent will improve your physical fitness; increase your strength, flexibility, mental awareness and self-confidence. Registration at the Membership Desk. Faxed registration not be accepted.

Tuesdays & Thursdays, 6:30 – 7:30 pm

MEM: \$45/4 weeks PRO: \$65/4 weeks



T-ball & Baseball - Registration runs March 2 - May 8

Season starts June 5, 2010

T-ball and Baseball ages 3-10: Join us for non-competitive, fundamental American past time. Stay active during the summer months and have some FUN with our YMCA t-ball and baseball league. League takes place at local fields in the area, just a few miles from YMCA. **Volunteer Coaches Always Needed.**

Tiny T-Ball ages 3-4: This program is designed for kids to learn the basics of baseball. Each team will practice for 30 minutes and then play a game 30 minute game each Saturday. Teams will learn how to hit and field. Parents are strongly encouraged to participate with their kids.

T-Ball ages 5-6: This program is designed to get kids one step closer to playing Little League Baseball. Each team will practice once a week and play games on Saturday.
Saturday Mornings: 9:00 am – 1:00 pm

Coach Pitch Baseball ages 7-8: This program is designed to teach kids the concept of baseball. Each team's coach will pitch to them during games. Each team will practice once a week and play games during the week. **Game Days TBD**

Baseball ages 9-10: Each team will play Little League Baseball. At the first game each team's coach will pitch, and then each team player's will pitch the following games. Each team will practice once a week and play games during the week.



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 16 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.
- **Member Greeter:** Greet members as they come to workout at the YMCA.
- **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 4-14, 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.

Sports & Rec: Spring Rec Soccer

YMCA Recreational Soccer is designed to build elementary and intermediate skills, basic fundamentals, and love of the sport. There are no try-outs for YMCA recreational soccer teams.

Saturday Leagues *ages 3-15*

Kiddie Kickers *age 3*: Practices and games are held together on Saturday mornings for an hour. Teams will practice for 30 minutes then will play a game for 30 minutes. Teams are coed. T-shirt and socks are included.

Season: March 20 – May 8

MEM: \$70 PRO: \$85

Jr. Micro *age 4* & Micro *age 5*: Practice once a week for 45 minutes and play a one hour game on Saturday mornings. Teams are coed.

Season: February 28 – May 8

MEM: \$75 PRO: \$90

U7 & U8 *ages 6-7*: Practice once a week for 45 minutes and play a one hour game on Saturday mornings. Teams separated by gender.

Season: February 28 – May 8

MEM: \$90 PRO: \$105

U10 *ages 8-9*: Practices are twice a week for an hour and play a one hour game on Saturdays and/or Sunday afternoons. Away games are at various YMCAs throughout Metro Atlanta. Teams separated by gender.

Season: February 24 – May 8

MEM: \$100 PRO: \$115

U12 *ages 10-11*: Practices are twice a week for an hour and play a one hour game on Saturdays and/or Sunday afternoons. Away games are at various YMCAs throughout Metro Atlanta. Teams separated by gender if enough players register; otherwise, teams will be co-ed.

Season: February 24 – May 8

MEM: \$100 PRO: \$115

U14 *ages 12-13* & U16 *ages 14-15*: Practices are twice a week for an hour and half and play either one or two games per weekend on Saturdays and/or Sunday afternoons. Away games are at various venues throughout Metro Atlanta. Teams will be registered and inter-scheduled through GYSA. Teams separated by gender if enough register; otherwise the teams will be co-ed.

Season: February 24 – May 8

MEM: \$100 PRO: \$115



Registration Information

On-line: January 1 – 24 at
www.quickscores.com/ddymca

In-person: January 1

Late registration: Monday, January 25 –
Monday, February 1 at the Y's registration desk

\$15 fee will be assessed to all late registrations



Sunday Leagues *ages 3-7*

Little Kickers *age 3*: Practices and games are held together on Sunday afternoons for an hour. Teams will practice for 30 minutes then will play a game for 30 minutes. Teams are coed. T-shirt & socks included.

Season: March 21 – May 9

MEM: \$70 PRO: \$85

Mighty Mites *ages 4-5*: Practice and games are held together on Sunday afternoons. Teams will practice for 45 minutes only the first two weeks and then will practice for 30 minutes then will play a game for one hour once games start. Teams are coed.

Season: March 7 – May 9

MEM: \$75 PRO: \$90

U8 *ages 6-7*: Practice and games are held together on Sunday afternoons. Teams will practice for 45 minutes only the first two weeks and then will practice for 30 minutes then will play a game for one hour once games start. Teams are coed.

Season: March 7 – May 9

MEM: \$90 PRO: \$105

Uniforms: All new players, except Kiddie Kickers & Little Kickers, are required to purchase the DDY Recreational Soccer uniform. Cost is \$30.

Sports & Rec: Spring Academy Soccer

Academy Soccer

Academy Soccer ages 8-11: Program purpose is to develop advanced skills in players interested in a higher level of competition than the YMCA recreational soccer program. Players must attend open practices and be selected to participate in this program. This program has paid coaches and/or trainers and operates under Georgia Youth Soccer Association rules and guidelines. Age as of August 1, 2008 will determine age group.

Season: March 6 – May 15

MEM: \$450 PRO: \$470

Uniform Fee (*new players only*): \$100



Open Practice Dates: New & returning players must attend at least one open practice. Open practices will be held Saturdays, December 6, January 10, and 17, 12:00 – 1:30 pm at Pattillo Soccer Field. Please check website for directions to the field.

Registration/Signing Date: Saturday, January 23, 1:00 – 4:00 pm in our Y's large conference room. Faxed & mailed registrations will not be accepted.

Practices & games: Practice starts the week of February 15 and will be held twice weekly for an hour and half. Games start on March 7 and will be held mainly on Saturdays with some occasional Sunday afternoons. The season will conclude in mid-May. Pre- and post-season tournament dates will be announced. Parent meetings will be held prior to season start date.

For more information, contact Community Sports Director Kathy Meyer-Frisbey at 404-377-9622 ext. 3314 or kathyf@ymcaatlanta.org or contact DDY Academy Director Jeff Newbury at 770-757-0064 or jeffnewby3@bellsouth.net or visit www.ddysoccer.org.



Jr. Academy Soccer ages 6-9: This is a new program designed to introduce professional training to young players and further develop basic soccer concepts. This is a developmental soccer training program for DDY recreational soccer players. This is a great way for young players to participate in Academy level training while still participating with their current recreational team. Program will include 8 weeks of training sessions only, no games.

MEM: \$70 PRO: \$85



Practices: Participants will attend one training session a week for an hour starting the week of March 9 and ending the week of May 4. Participants can choose between three different days to attend a training session. Training days will be Tuesday, Wednesday, or Friday, 5:30 – 6:30 pm. Participants will choose a training date at the time of registration.

Registration: January 3 – February 20 online at www.quickscores.com/ddymca or at the registration desk during normal business hours or Spaces are limited so register early.

For more information, contact Community Sports Director Kathy Meyer-Frisbey at 404-377-9622 ext. 3314 or kathyf@ymcaatlanta.org or DDY Jr. Academy Director Jason Fargo at jasonfargo@hotmail.com.