

Sports: Youth Programs

Karate

Soo Bahk Do Karate *ages 5+*: A traditional Korean martial art, focusing on the development of mind, body and spirit and emphasizing endurance, patience, confidence, and most importantly, the avoidance of conflict. Monthly

Introductory by appointment only

Basic: Thursdays, 6:15 – 7:00 pm &

Saturdays, 8:45 – 9:30 am

Mastery: Thursdays, 7:15 – 8:00 pm &

Saturdays, 8:00 – 8:45 am

Leadership: Thursdays, 7:15 – 8:00 pm &

Saturdays, 9:30 – 10:15 am

MEM: \$65/month PRO: \$75/month



Flag Football *Registers January 11 – February 15*

Flag Football *ages 5-10*: Players learn fundamentals of flag football in a fun atmosphere. Saturday games and weekday practices.

Practice: begins week of March 1

First game: March 6

Last game: May 1 (*weather permitting*)

MEM \$87 PRO \$97

Coaches meeting, Wednesday, February 24 at 7:00 pm.

New parent orientation, Thursday, February 25, 6:30 pm.



Volleyball *Register January 11 – February 15*

Coed Volleyball *age 8-14*: Fundamental volleyball through drills & games. Meets twice a week. Beginning week 5, there will be Monday practices and Wednesday games. Age groups may be combined as needed.

Meets twice a week: (Mondays & Wednesdays)

Practice: begins week of Feb 22

(8 weeks - no games/practices week of April 5)

Ages 8-10: 6:00 – 7:00 pm

Ages 11-14: 7:00 – 8:00 pm

MEM: \$87 PRO: \$97

Coaches meeting, Thursday, Feb 18 at 7:00 pm.



Basketball *Register March 8 – April 18*

Summer Youth Basketball League *coed ages 3-12*: Boys & girls will practice once a week with games Saturdays. a six-week program.

Practice starts: Week of May 3

Games: May 8 – June 19

No games Memorial Day Weekend, Sat, May 29

Ages 3-8: MEM: \$79 PRO: \$89

Ages 9-12: MEM: \$99 PRO: \$109



Soccer *Registers January 11 – February 15*

Kiddie Kickers *age 3*: Kids will learn the fundamentals of soccer while playing in a positive and fun environment.

Saturdays only (*no game week of April 5 - Spring Break*)

First Game: March 6 (*weather permitting*)

Last Game: April 17 (*weather permitting*)

MEM: \$62 PRO: \$72



Youth Soccer *ages 4-9*: Players will learn to play to the best of their abilities at the instruction of YMCA Volunteer coaches!

Saturday Games (*and weekday practice*)

Practice: begins week of March 1

First Game: March 6 (*weather permitting*)

Last Game: May 1 (*weather permitting*)

MEM: \$92 PRO: \$102

Coaches meeting, Tuesday, Feb 23 at 7:00 pm.

New parent orientation, Thursday, Feb 25 at 7:00 pm.

