

Sports

Register online now!

YOUTH GYMNASTICS

Progressive ages 6-12: 1-hour of mastering skills (bars, beam, vault and floor) .

Tuesdays, 6:00 pm • MEM: \$100 PRO: \$150

COMBO CLASSES

Gym-n-Dance ages 4-5: 30-minutes of dance and 30-minutes of gymnastics. The perfect combo!

Tuesdays, 5:00 pm

MEM: \$100 PRO: \$150

Kick-n-Climb ages 4-6: 30-minutes of Karate and 30-minutes of introductory rock climbing class.

Mondays or Wednesdays, 5:30 pm

MEM: \$100 PRO: \$150

Split-n-Splash ages 30 - 48 months: Children will spend the first 25 minutes working on gymnastics tumbling followed by a second 25 minutes in the water for fun time. Please wear swimming suits to class.

Wednesdays, 11:00 am • MEM: \$100 PRO: \$150

PRESCHOOL SPORTS

Move -n- Groove ages 2-4: This one hour class will provide an introduction to tumbling, yoga and dance for your toddler.

Mondays, 11:00 am • MEM: \$100 PRO: \$150

Mini Sports ages 2-4: A 30-minute intro to t-ball, soccer, basketball, flag football and more. 30-minute class.

Fridays, 10:15 am • MEM: \$50 PRO: \$75

KARATE

Karate ages 6+: Learn the art of Soo Bahk Do Karate at the Y! Sign up at the program registration desk.

Mondays & Wednesdays

Youth Beginner (ages 6-14): 6:00 - 7:00 pm

Intermediate (ages 6-14): 7:00 - 8:00 pm

Adult (ages 15+): 8:00 - 9:00 pm

MEM: \$150 PRO: \$170



SESSION DATES - REGISTER NOW!

Session 1: January 17 - March 14

Session 2: March 14 - May 16

ROCK CLIMBING CLASSES

Progressive Climbing ages 5-12: Level 1 through Level 4 climbers. No previous experience or skills are required. Learn spotting, bouldering, climbing commands, harness and knot basics. Challenges kids by learning new routes as they progress.

Mondays, 5:00 - 6:00 pm

Wednesdays, 5:00 - 6:00 pm

MEM: \$90 PRO: \$135

Parent/Child Climbing ages 4-12: This class was created to provide parents and their children an opportunity to learn basic climbing commands, harness and knot basics. The goal is for parents to become belay certified at the end of the fourth class.

Thursdays: 6:00-7:00pm

MEM: \$135 PRO: \$200

Private Climbing Lessons ages 4+: Lessons can be given for 1-4 people. Fees are based on a 6-hour package. Please contact the Sports Department to schedule your private lessons! MEM: \$120 PRO: \$160

BASKETBALL

Men's Basketball Pick-Up Basketball free for members ages 18+: Grab your buddies & hit the hoops! Free for members!

Mondays – Fridays, 12:00 – 1:30 pm

Mondays & Wednesdays, 7:00 – 9:00 pm

(Half court on Wednesdays, only!)

Saturdays, 8:00 am – 12:00 pm

SPECIAL NEEDS PROGRAMS

Y Mustangs Wheelchair Sports Team 1st-12th grade: Enjoy and experience the thrill of wheelchair sports. Participate in a team that builds lifelong friendships, learns valuable skills and competes in a safe, fun and challenging environment. The team participates in wheelchair handball (previously soccer), basketball & football.

Practice: Tuesdays, 6:30 pm

Location: Haynes Bridge Middle School

Games: Saturdays, various locations

Basketball registration: Begins in November

Football registration: Begins in March

World of Fun: This program is specifically designed for teenagers and young adults with developmental disabilities. For more info: 770-664-1220.

Sundays, 6:30 pm – 8:30 pm

January 15 • February 19 • March 18 • April 15 • May 13

MEM & PRO: \$10 per event

VOLLEYBALL

Adult Volleyball free for members ages 18+: Adult Coed Volleyball Pickup Volleyball is offered free to members! See gym schedule for times.

Tuesdays & Thursdays, 7:15 – 9:15 pm

*Please visit our website or front lobby for additional information.

TRACK & FIELD

Spring Spirit Track & Field ages 8-18: Track & field instruction and competition sanctioned by USATF. Events offered: long distance, middle distance, sprints, hurdles, relays, mini-javelin, shot put, discus, long jump, high jump and pentathlon.

Practices: M/W/TH afternoons (various tracks in Alpharetta)

First week of practice: March 12

Registration: January 1 – March 5

MEM & PRO: \$135 uniform fee \$25

Visit www.spirittrackclub.org for more info!



SOCCER

Spring Soccer ages 3-18: This program is designed to help your child progress through the sport as he/she grows. With limited scorekeeping and an ongoing commitment to good sportsmanship rounds out the program. Registration starts January 1

Age 3: Saturdays,

Session 1: March 3 – March 24

Session 2: April 14 – May 12

(No practices, only games)

MEM & PRO: \$75 includes uniform

Age 4-18: First practice: week of Feb. 21

Games: March 3 – May 12 (weather permitting)

Coaches meeting: February 8

MEM & PRO: \$110 ages 4-11 • \$125 ages 12-18

Uniform fee: \$30

T-BALL & BASEBALL

Spring T-ball and Baseball ages 3-4: Join us for non-competitive, fundamental American past time... Stay active during the spring months and have some FUN with our Y t-ball and baseball league. League takes place at local North Fulton County Schools, just miles from our Y.

Registration starts January 1

Age 3-4: Saturdays, April 14 – May 12

(No practices, only games)

MEM & PRO: \$75 includes uniform