

Inline Hockey

The following programs have equipment requirements for participation.

Chuck Ross

Youth Sports Director

phone: 770-578-278

Youth Inline Hockey

Hockey "Practice & Play" ages 6-12: Are you ready to put on some gear? Then it's time for you to join this class that prepares young athletes for league play while developing their character. Content geared towards beginner and intermediate skill level.

Ages 6-8: Wednesdays, 4:00 – 5:00 pm

Ages 9-12: Wednesdays, 5:00 – 6:00 pm

Session 1: February 24 – March 31

Session 2: April 14 – May 19

MEM: \$50 PRO: \$80



Youth Coed Inline Hockey League ages 6-12: This is such a dynamic sport unique to our YMCA! Inline hockey is an excellent game for all ages to learn such things as balance and coordination that transcend into so many other activities. This is an 8-week season with one practice night a week.

Practices: start week of February 15

Season: February 26-April 30 (Fridays) no games April 2 & 9

Tournament: May 7 (tentative)

MEM: \$90 PRO: \$120



Learn to Skate

Learn to Skate ages 3-12: Come learn to skate in our indoor arena. Skills will be taught step-by-step through a variety of fun activities. Some basic hockey skills will be introduced. Parents are welcome to skate with the class. **Bring your own skates: Inlines and quads.**

Wednesdays, 4:00 pm – 5:00 pm

Session 1: February 24 – March 31

Session 2: April 14 – May 19

MEM: \$40 PRO: \$70



Quickscores: www.quickscores.com/ymcanecobb

Weather Hotline: 678-507-9633



Private Inline Hockey Instruction

Inline Hockey Private Instruction all ages: Appointment Only. Contact Andrew Ross at andrewr@ymcaatlanta.org. Samuel Rathvon, Coach.

Private (One person): \$40/hour

Semi-Private (2 people): \$50/hour

Group (3-4 people): \$60/hour

Adult Inline Hockey

Adult Inline Hockey League ages 30+:

Come join our outstanding adult inline hockey league this spring! Games are three 18-minute periods. Goalkeepers of any age play for free but must register as a program member. Register individually. Teams are selected during mid-week practices/scrimmages. Contact Jeff Shimizu for more information at (678) 232-7233.

Season: March 21 – June 13 (Sundays)
no games April 4, 11 & May 30

All Stars: June 20

MEM: \$80 PRO: \$120



Required Equipment: HECC approved helmet with full facemask, skates with no brakes, knee & shin pads, mouth guard, stick, gloves, elbow pads, protective cup.
Recommended Equipment: chest protector.

Basketball & Soccer

Chuck Ross
Youth Sports Director
phone: 770-578-278

Youth & Adult Basketball

Youth Basketball Leagues *ages 6-14*: Basketball, a sport first introduced at the YMCA, is here for our youth in a spring season! The YMCA works hard to instill in our athletes the importance of our core values (honesty, caring, respect and responsibility) through healthy sportsmanship and team play. Come join us for an exciting 8-week season with one practice night a week.

Practices: start week of March 1

Season: March 13 – May 15 (Saturdays)
no games April 3 & 10

Tournament: May 22 (tentative)

MEM: \$90 PRO: \$120



Basketball “Practice & Play” *ages 6-12*: Come learn the fundamentals of basketball while making new friends in the process. This class will better prepare young athletes for league play while developing their character. Content geared towards beginner and intermediate skill levels.

Ages 6-8: Mondays, 4:00 – 5:00 pm

Ages 9-12: Mondays, 5:00 – 6:00 pm

Session 1: February 22 – March 29

Session 2: April 12 – May 17

MEM: \$50 PRO: \$80



Adult Basketball Pick-Up *ages 18+*: Games will be played to 15 by ones (win by 2) when 4 players or less are on the sign-in board. Play to 11 if 5 or more are waiting. There is a 2-game MAX, and then the winning team must rotate out if 5 or more players are waiting. All players must abide by the open gym rules.

Sundays, 3:00 pm – 6:00 pm



Quickscores: www.quickscores.com/ymcanecobb

Weather Hotline: 678-507-9633



Indoor Soccer

Soccer “Practice & Play” *ages 6-12*: Come learn the fundamentals of soccer while making new friends in the process. Beginner and intermediate skill levels.

Ages 6-8: Mondays, 4:00 – 5:00 pm

Ages 9-12: Mondays, 5:00 – 6:00 pm

Session 1: Feb. 22 – March 29

Session 2: April 12 – May 17

MEM: \$50 PRO: \$80



Youth Indoor Soccer League *ages 6-18*:

Come be a part of our exciting indoor soccer program where you play 8 games in 4 weeks (2 games each night)! Play will be 5 v 5 plus goalkeepers and all games will be at the Northeast Cobb YMCA. Register as a team (min. 9 & max. 12 players) or individually.

Session 2: January 18-February 14

Team: \$500 (one team member must be facility or program member)

MEM: \$60 PRO: \$80



Adult Indoor Soccer League *ages 18+*:

It's time for the adults to live and play as kids again. Come join the adult indoor soccer league, a super-fast paced game played 5 v 5 plus goalkeepers. Team rosters can be up to 10 players. Register as a team or individually. This is an 8-week season with a tournament to follow. All skill levels welcome!

Season: March 1 – April 26

(Mondays) no games April 5

Tournament: May 3 & 10 (tentative)

Team: \$500 **MEM:** \$60 **PRO:** \$80



Volleyball, Preschool Sports & Lacrosse

Volleyball

Garrison Mill Elementary School After-School Volleyball *K-2nd grade & 3rd-5th grade:* Join the YMCA for a program at YOUR school! Have fun learning and playing the game of volleyball with your classmates. Skills will be introduced in an age-appropriate manner with a variety of equipment.

Tuesdays, 4:30 – 5:30 pm

Practice & Play: March 2 – April 27

MEM: \$60 PRO: \$90



Youth Volleyball League *ages 9-14:* Bump! Set! Spike! Come be a part of our youth volleyball league and learn the fundamentals and strategies of the game while having a great time with friends. This is an 8-week season with one practice night a week.

Practices: start week of February 15

Season: February 27 – May 1 (Saturdays)
no games April 3 & 10

Tournament: May 8 (tentative)

MEM: \$80 PRO: \$110



Preschool Sports

Pre-School Sports *ages 4-6:* Looking for a program for your child while you get your morning work-out? Introduce your child to sports in a totally non-competitive atmosphere, emphasizing good sportsmanship and having fun, while developing skills for future sports programs. Your child will sample different sports throughout the class such as soccer, T-ball and hockey!

Tuesdays & Thursdays, 9:30 – 10:30 am

Session 1 (Tuesdays): January 12 – February 16

Session 1 (Thursdays): January 14 – February 18

Session 2 (Tuesdays): February 23 – March 30

Session 2 (Thursdays): February 25 – April 1

MEM: \$45 PRO: \$70



Quickscores: www.quickscores.com/ymcanecobb
Weather Hotline: 678-507-9633



Lacrosse

Mount Bethel Elementary School After-School Lacrosse *2nd-3rd grade & 4th-5th grade:* Join the YMCA for a program at YOUR school! Have fun learning and playing the game of lacrosse with your classmates. Skills will be introduced in an age-appropriate manner with a variety of equipment.

2nd-3rd grade: Tuesdays, 4:30 – 5:30 pm

Practice & Play: March 2 – April 27

4th-5th grade: Thursdays, 4:30 – 5:30 pm

Practice & Play:

March 4 – April 29

MEM: \$60 PRO: \$90



Adult Volleyball

Adult Volleyball Pickup *ages 15+:* Games will be played to 15 using rally scoring. There is a 2-game max and the winning team must rotate out if 5 or more players are waiting. All players must abide by open gym rules.

Wednesdays, 7:30 – 10:00 pm