

Sports & Rec: Various Sports

Soccer

Fall Youth Soccer ages 2-14: Come learn to play soccer at the YMCA! We are a GSSA sanctioned club. We play our games at the Windsor Parkway Sports Complex and Hearsds Ferry Elementary School.

Registration begins in June

Session Starts: August (8-games)

MEM: \$102 PRO: \$132



Adult Soccer ages 18+: Adult Soccer is underway. The YMCA plays modified, co-ed 8v8 . Games at Windsor Parkway Sports Complex.

September - November (8-week session)

Team Cost: \$700

Basketball

Mens Basketball League ages 18+: Adult Basketball is played Sunday evenings at the Buckhead YMCA gym. Leagues are formed seasonally and consist of 8 games. We welcome both individual registrants and team registrations on a first come first served basis.

Games: Sunday evenings at the Y

August - September • \$350 per team

Martial Arts

Martial Arts ages 6+: Korean Hapkito self-defense! Start off with basic body movements, kicks, strikes, falls, and rolls. Safety is always first and students are given a chance to learn more advanced techniques through periodic testing. Improve confidence, self-control, focus, discipline, fitness, leadership and attitude.

MEM: \$125 PRO: \$150



T-Ball

T-Ball ages 3-7: T-Ball is an instructional league designed to teach participants the fundamentals of baseball at a enjoyable pace. Bring gloves and shoes and the YMCA will bring the rest!

Starts in September at Shady Valley Park

Tuesdays, 5:30 pm

MEM: \$95 PRO: \$125



New Session begins August 23!

Gymnastics

Gym Joeys ages 18 mos-3 yrs: This is a 40-minute parent-assisted class.

NEW Dancing Daisy ages 20 mos-3 yrs:

This parent-assisted class will teach children new and exciting movements to the rhythms that make them move.

Gym Lizards ages 3 1/2-5: This is a 50-minute, non-parent assisted class for beginners. Participants will be taught the basics of gymnastics.

Intermediate Gymnastics ages 6-13: This 60-minute class is perfect for kids who are comfortable with their independent skills on each apparatus. Build future skills for the advanced placement class.

Advanced Gymnastics ages 6-13: This class has now extended to an hour and 15 minutes! By referral only.

Flag Football

Flag Football ages 6-13: Our staff and volunteer coaches will help teach the fundamentals of football and deelop knowledge of the game.

Starts in September • Register Now!

Held at Windsor Pkwy Sports Complex

Monday Practices w.

Sat. or Sun. games

MEM: \$105 PRO: \$135



Sports & Rec: Tennis

Tennis visit our website: sby.ymcaatlanta.org.

The Carl Sanders Buckhead YMCA is proud to be one of the few YMCA's to offer a tennis facility and program to its members. Our teaching staff includes a number of experienced instructors, many of whom are USPTA and/or USPTR certified.

Facilities: Our facility offers nine outdoor, lighted tennis courts: five Har-Tru clay courts and four hard courts. We also feature a ball machine for member use for \$5 per hour session or an annual ball machine pass for \$100.

Private Lessons (Individual & Group) ages 3+: Our instructors coach tennis players of all ability levels. Contact our pro shop to get more information about scheduling a lesson! * Group rates also available.

MEM: \$60-\$65/hour (Price Varies by Instructor)

PRO: \$80-\$85/hour (Price Varies by Instructor)



Our facility offers nine outdoor, lighted tennis courts, five clay courts and four hard courts. We offer private and semi-private lessons, group clinics and ALTA & USTA Leagues (leagues are for facility members only).

Junior Clinics/Academy (Beginner-Advanced) ages 3-16:

We offer a variety of instruction dependent upon the age and ability level of your child. QuickStart programs are offered for children ages 3-11. This innovative program uses smaller courts and low compression balls appropriate for youth development in tennis.

Session 1: August 16 - September 23

Session 2: September 27 - November 4

Session 3: November 8 - December 16

Pee Wee (age 3-5): Tues/Thurs, 3:15 - 4:00 pm

Little Hitters (age 5-8): Tues/Thurs, 4:00 - 5:00 pm

Superstars (age 8-12): Mon/Weds, 4:00 - 5:00 pm

MEM: \$80 per day PRO: \$120 per day



Adv. Superstars (age 8-13): Mon/Weds, 5:00 - 6:30 pm

MEM: \$80 per day PRO: \$120 per day



Jr. Academy (age 8-14): Tues/Thurs, 5:00 - 6:30 pm

MEM: \$150 per day PRO: \$180 per day



Adult Clinics (Six 1.5 hour or 1 hour clinics) ages 18+:

Our Adult Tennis Clinics are a great way to work on your game with other members! We offer morning and evening stroke clinics that focus on match play scenarios and stroke development. Advanced registration required.

MEM: 1.5 Hour Clinics: \$90/Six Sessions

MEM: 1 Hour Clinics: \$75/Six Sessions

PRO: 1.5 Hour Clinics: \$120/Six Sessions

PRO: 1 Hour Clinics: \$105/Six Sessions



ALTA & USTA Coaching:

Men's, women's, and mixed ALTA and USTA team play and coaching available to YMCA Members Only. Coaching is available for the duration of the season. Teams can reserve 1-3 instructors for team practice: (Coaching Rates are Dependent on Instructor's Private Lesson Rate)

Racquet Restringing Services:

Stringing and regripping services are provided by our staff. Cost is dependent on type of string purchased for the racquet. Turnaround time is usually 48 hours. Racquets dropped off on Friday will be available no later than Monday afternoon.