

Sports & Rec

Register online now!

FOOTBALL

Flag Football ages 6-10: Staff and volunteer coaches teach football fundamentals at the Jewish Community Center.

Practices begin in February
Practices Thursday evenings
Games are March - May
MEM: \$90 PRO: \$120



QUESTIONS? christopherm@ymcaatlanta.org

Learn to Play Flag Football ages 4-6: Do you have a little one interested in football? Try our learn to play Flag Football, and be a little blitzer. The YMCA will teach your child the basics of football. They will learn running, how to throw a football, and coordination.

Games Begin: March - May
Practices/Games Sunday's at 2:30 PM
MEM: \$90 PRO: \$120



T-BALL

Learn to play T-ball ages 2 ½ - 3 ½: Learn the basic fundamentals of throwing, catching, hitting and base running in a FUN way! Played at Frankie Allen Park.

March 6 - April 17
Tuesdays, 4:30 - 5:15 pm
MEM: \$90 PRO: \$120



All About T-ball ages 3 ½ - 5: An instructional league designed to teach the fundamentals of baseball. Bring gloves/tennis shoes and the Y will bring the rest! Games played at Frankie Allen Park.

March 6 - April 17
Tuesdays, 5:30 - 6:30 pm
MEM: \$90 PRO: \$120



BASKETBALL

Basketball age 6-12: This recreational Basketball League will be inter-scheduled with the Ashford Dunwoody YMCA. Games played at YMCA gyms (Ashford Dunwoody and Carl E. Sanders).

December 1 - February 13
Wednesdays or Thursdays,
5:30 - 6:30 pm
MEM: \$95 PRO: \$130



MARTIAL ARTS

Hapkido Martial Arts ages 8-12:
January - March
Saturdays 10:30 am - 12:00 pm
MEM: \$125 PRO: \$150



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