

Youth & Adult Sports

Register online now!

What sets the South DeKalb Family YMCA Youth Sports program apart from all the others? Our philosophy of "kids first, fun always." Our experienced staff and volunteer coaches have the training to teach basic skills to the newest players and to increase and refine skills as kids move through our programs.

SOCCER

Soccer (Spring & Fall), ages 3-12: A recreational league based on family involvement and child development. A fun program where everyone plays! Mighty Mites is a program for children ages 3-6 that teaches the basic skills. U8 soccer refines skills and teaches advanced concepts and U9-U17 advances even more.

For players interested in a higher level of competition, we offer a premier soccer program to develop advanced skills. Players must be selected to participate in this program. For more information on these programs, please contact the Youth Sports department.

BASKETBALL

Basketball (Winter), ages 3-17: One practice session during the week and a game on the weekend. We provide age appropriate skill development (dribbling, passing, shooting, defense, etc.) and an opportunity for everyone to have fun. We work with every player on the team, on everything from basic skills to good physical fitness habits. We promote fair play, respect, setting goals, and a lifetime involvement in sports and physical activity.

Basketball (Summer), ages 3-12: A summer basketball experience, facilitating continued skill development and providing a fun opportunity for all players, regardless of experience.

Teen/Adult Pick-Up Basketball: Work on your free throws or sharpen your rebounding skills! Looking to play against some great competition? We offer organized games five times a week. This is an excellent opportunity to meet other members and stay in shape.

Teens:	Thursdays & Fridays	6:00 p.m.
Adults:	Mondays	6:00 p.m.
	Tuesdays & Saturdays	9:00 a.m. - noon

INSPIRING SUCCESS IN KIDS AND ADULTS THROUGH SPORTS



Schedules are online
at sdy.ymcaatlanta.org

MARTIAL ARTS

Martial Arts (Year Round), ages 5+: Karate is a discipline that stresses character, structure, coordination, and skill development. It also helps us stay active and maintain healthy lifestyles. No previous experience is required. On the last Thursday of each month-long session, we feature an open exhibition for students to demonstrate their skills. Curriculum includes character development, sparring, physical conditioning, and positive attitude reinforcement.

Youth (5-12) Tues/Thurs, 6:30 p.m.
Adult (13+) Tues/Thurs, 7:30 p.m.
MEM: \$50 PRO: \$65



RACQUETBALL

Racquetball: An exciting, fast-paced game and a great way to exercise! We have a racquetball court for open play during normal operating hours as well as demonstrations and tournaments throughout the year. We have a group of dedicated members who meet during the week for round robin matches. A limited supply of racquets is available at the courtesy counter. You must wear your own safety goggles prior to entering the court. Racquetball is available at no additional cost to facility members.