

Youth & Adult Sports

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 and knowledge necessary to teach basic skills to the newest players and to increase and refine their skill level as they move through our programs. Our goal is to create a fun and stimulating learning experience for all participants. Through our emphasis on character building and skill development, we are creating the foundation for building a successful life. Youth sports programs run year-round.

Soccer

Soccer (Spring & Fall) ages 3-17: 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 of dribbling, passing, shooting, and throw-ins. U-8 Soccer refines skills and teaches more advanced concepts of the game. Soccer for ages 9-17 continues to improve game knowledge and enhance skill level.

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.

Flag Football

Flag Football (Summer) ages 5-12: This is an exciting opportunity for all boys and girls. In our flag football program, participants will learn the fundamentals, the plays, and the rules of flag football, a sport that stresses fun and safety. Everyone has the opportunity to play on teams that are fun for the participants because the emphasis is on teamwork, character development, and enjoying the game. This is football without the pressure to win. This league is designed for all skill levels. We teach the fundamentals of catching, running, throwing (QB), field education, flag pulling techniques, warm-up conditioning, route running (WR), defense, hand-eye coordination and footwork, game conditioning, and game situations.

Racquetball

Racquetball: An exciting, fast-paced game and a great way to exercise! We have two racquetball courts for open play during normal operating hours as well as racquetball 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.



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.

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 for five times a week. This is an excellent opportunity to meet other members and stay in shape.

Teens: Thursdays & Fridays, 6:00 PM

Adults: Mondays, 6:00 PM

Tues & Sat, 9:00 AM– 12:00 PM

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 session, we feature and 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 PM

Adult (13+): Tues & Thurs, 7:30 PM

MEM: \$50 PRO: \$65

