

SPORTS & MARTIAL ARTS

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CHARACTER FIRST, COMPETITION SECOND

The youth sports program at the Y has four goals regardless of the skill level of each child: skill improvement, knowledge growth, character development and most importantly FUN! An instructional program focused on giving children an equal opportunity to improve game fundamentals, game knowledge, sportsmanship, teamwork and appropriate competition. Levels may be combined or divided based on enrollment.

YOUTH OUTDOOR FLAG FOOTBALL

The YMCA Flag Football League is designed to introduce boys and girls to the fundamental elements of football in a fun, instructional and safe environment. From the moment your child steps on the field, our program is designed to assist each player with the advancement of their individual skill level and football knowledge while enhancing their level of play in a fun and structured environment.

LEAGUE INFORMATION

Season: April 17-May 21

Registration: March 11-April 1

Days: Sundays

Location: Sealed Air Branch

Fees: \$60 Members \$80 Community Participant

Register by March 25 and receive \$5 discount

DIVISIONS: CO-ED

Mites: Pre-Kindergarten - Kindergarten

Mighty Mites: 1st and 2nd Grade

Sophomores: 3rd and 4th Grade

Juniors: 5th and 6th Grade

DUCK DODGE DIVE - DODGEBALL

This league provides children with the opportunity to exercise, socialize and have fun!

LEAGUE INFORMATION

Season: March 20-April 17

Games only - no practices

Registration: February 11-March 4

Days: Sundays

Location: Sealed Air Branch

Fees: \$30 Members \$45 Community Participant

Register by February 25 and receive \$5 discount

DIVISIONS: CO-ED

Pre-Kindergarten-Grades 2, 3-5, 6-8

YOUTH INSTRUCTIONAL BASKETBALL

This class is for boys and girls of all skill levels and will teach good sportsmanship, teamwork and the fundamentals of basketball.

Beginner: 4-7yrs Tuesday 6:00pm-6:45pm

Intermediate: 8-12 Tuesday 7:00pm-7:45pm

Spring 2: April 25-June 11

Fees: \$55 Member/\$70 Community Participant

Location: Sealed Air Branch

Martial Arts

TAE KWON DO

Tae Kwon Do provides an excellent workout that offers discipline for the mind and body. This progressive program teaches proper techniques, self-defense awareness and practical application. For ages 5 and up.

Days: Monday and Wednesday

Times: 7:00-8:30pm

Monthly Fee: \$50 Members/\$75 Community Participant

Each additional family member:

Monthly Fee: \$30 Member/\$45 Community Participant

Fees are monthly auto draft and will be drafted on the same date every month.

Location: Sealed Air Branch

JUDO & JUJITSU Ages: 7 and up

Leland Roth, our lead instructor, brings 30 years of teaching experience. Beginning students learn the fundamentals of Olympic style Judo and Jujitsu. This includes learning how to fall, throw, pin and Jujitsu (self-defence) techniques. Continuing students can learn advanced Judo and Jujitsu techniques.

Days: Tuesday and Thursday

Times: Beginner: 7:00-8:30pm

Intermediate/Advanced: 7:00-8:00pm

Monthly Fee: \$40 Members/\$55 Community Participant

Each additional family member:

Monthly Fee: \$22 Member/\$30 Community Participant

Fees are monthly auto draft and will be drafted on the same date every month.

Location: Sealed Air Branch

ADULT CO-ED VOLLEYBALL LEAGUE

Are you ready to relieve some stress and expend some energy? Join the YMCA for our recreationally competitive Thursday night league! The team with the best record will receive a team trophy.

Season: February 17-March 31

Registration: January 6

Days: Thursdays

Games: Sealed Air Branch

Fees: \$275 per team

Register by: January 20 and SAVE \$5.00!