

YOUTH SPORTS

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 & most importantly FUN! An instructional program focused on giving children an equal opportunity to improve game fundamentals, game knowledge, sportsmanship, teamwork & appropriate competition. Levels may be combined or divided based on enrollment.

YOUTH BASKETBALL LEAGUE

March 11th - June 1st (Games begin March 16th)

The Youth Basketball league will give your child the opportunity to develop tactics and fundamentals through coaching and games. Come join the fun! Practices are held during the week, with games on Saturdays for Sophomores, juniors, and Seniors.

Mites and Mighty Mites will meet on Friday evenings for an instructional practice and Saturday mornings for a scrimmage. Our goal is to provide children with the proper fundamentals and techniques to grow as a basketball player. All participants receive a t-shirt

REGISTRATION INFORMATION

Registration: January 4 - March 1, 2019

Practice: **Lakefront Branch**

Games: **Sealed Air Branch**

COED DIVISION

Mites Ages 4-5 years

Mighty Mites Ages 6-7 years

Sophomores Ages 8-10 years

Juniors Ages 11-12 years

Seniors Ages 12-13 years

\$50 Member/\$70 General Public



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.

Lakefront Branch

Beginner Ages 4-6 years

Tuesday 4:15pm-5:00pm

Intermediate Ages 7-9 years

Tuesday 5:00pm-6:00pm

Advanced Ages 10-13 years

Tuesday 5:00pm-6:00pm

Winter/Spring 2: \$39 Member/\$69 General Public (7 wks)

Spring 1: \$45 Member/\$65 General Public (8 wks)

SPORTS OF ALL SORTS (Ages 5 & up)

Unsure of what sport your child would like to further their development in? This class is for you. Sports of all Sorts focuses on all the League opportunities the YMCA has to offer. Your child will experience Soccer, Basketball, Swimming, and Football taught by league specific staff.

Sealed Air Branch: Tuesdays, 5:30pm - 6:15pm

Spring 2: \$40 Member/\$56 General Public (7 wks)

YOUTH INDOOR SOCCER LEAGUE (Ages 4-13)

January 7th - March 9th

A fun, exciting way to spend time making new friends while learning the basic fundamentals of soccer. Participants will receive team shirts.

REGISTRATION INFORMATION

Registration begins: November 26 - December 30, 2018

Must be done in person at Lakefront or Sealed Air Branch.

Practice & Games: **Lakefront Branch**

(Subject to change based on numbers)

COED DIVISIONS

Mites ages 4-5

Mighty Mites ages 6-7

Sophomores ages 8-10

Juniors ages 11-12

\$50 Member/\$70 General Public

Practices:

(Subject to change based on numbers)

Mites 4:00pm - Wednesdays

Mighty Mites 5:00pm - Wednesdays

Sophomores 6:00pm - Thursdays

Juniors 7:00pm - Thursdays

Games on Saturdays:

(Subject to change based on numbers)

Mites 9:00am

Mighty Mites 10:00am

Sophomores 11:00am

Juniors 12:00pm



George Bray Neighborhood Branch

Adult Basketball

Tuesday & Thursdays, 11:00-1:00pm

Youth Open Gym and Homework Assistance

Elementary School

Monday & Wednesday, 4:00-6:00pm

Middle School

Tuesday & Thursday, 4:00-6:00pm

TUMBLING

PARENT/TOT (Ages Walking- 2.5 Years)

This course is hands-on and action packed. Children will learn how to roll, balance, slide, jump, and more. Adults must be present and engaged with their child during the class.

Lakefront Branch

Saturday 10:00am-10:30am

Sealed Air Branch

Tuesday 10:00am-10:30am

Friday 5:30pm-6:00pm

Winter/Spring 2: \$18 Member/\$38 General Public (7 wks)

Spring 1: \$20 Member/\$44 General Public (8 wks)

PRESCHOOL TUMBLING (Ages 2.5-4 Years)

This class is designed for kids that have mastered the skills of Parent/Tot tumbling. This class will focus on forward rolls, cartwheels, hand stands, back rolls, backbend kick overs, and more.

Lakefront Branch

Saturday 11:00am-11:45am

Sealed Air Branch

Monday 6:30pm-7:15pm (AB Studio)

Saturday 3:00pm-3:45pm (Mead Witter)

Winter/Spring 2: \$25 Member/\$45 General Public (7 wks)

Spring 1: \$30 Member/\$50 General Public (8 wks)

SCHOOL AGE LEVEL 1 (Ages 5 & up)

This class is designed for school age children who would like to gain the fundamental skills in tumbling. Forward roll, cartwheel, round-off, back and front walk overs, and more.

Lakefront Branch

Saturday 12:00pm-12:45pm

Sealed Air Branch

Tuesday 5:45pm-6:30pm (Mead Witter)

Saturday 4:00pm-4:45pm (Mead Witter)

Winter/Spring 2: \$25 Member/\$45 General Public (7 wks)

Spring 1: \$30 Member/\$50 General Public (8 wks)

SCHOOL AGE LEVEL 2/3

This class is designed for school age children who have basic tumbling and would like to further their skills. Back handsprings, multiple back handsprings, round off back handsprings, round off back tucks, punch fronts, and more.

Sealed Air Branch

Saturday 2:00pm-2:45pm (Mead Witter)

Winter/Spring 2: \$25 Member/\$45 General Public (7 wks)

Spring 1: \$30 Member/\$50 General Public (8 wks)

Questions about Gymnastics or Dance?

Sports & Recreation Director

262.898.4751

CHEER

YMCA CHEER (Ages 3 & up)

This beginning class will give your children the fundamentals of cheerleading. Children will learn arm movements, jumps, beginning tumbling, and chants. The cheer squad will perform at the end of each session. Each participant will receive a t-shirt and pom poms.

Performances:

Winter: YMCA Youth Basketball Game

Spring 1: YMCA Healthy Kids Day

Spring 2: YMCA Flag Football Game

Lakefront Branch

Thursday 6:15pm-7:15pm

Sealed Air Branch

Tuesday 6:15pm-7:15pm

Winter/Spring 2: \$35 Member/\$55 General Public (7 wks)

Spring 1: \$40 Member/\$60 General Public (8 wks)

Youth Flag Football Coming Spring 2019



Sports & Recreation Director

262.898.4751 for more information.



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