

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

The Youth Basketball League will teach tactics and fundamentals through coaching and games provided by the Y: skill and excitement will be at an all-time high! Come join the fun! Practices during the week, with games on Saturdays. Team shirts will be made available.

REGISTRATION INFORMATION

Registration begins: August 20th
Registration ends: October 8th
Season runs: October 15th - January 7th
Practice: **Lakefront Branch**
Games: **Sealed Air or Lakefront Branch**

COED DIVISIONS

Mites Ages 4-5 years
Mighty Mites Ages 6-7 years
Sophomores Ages 8-9 years
Juniors Ages 10-11 years
Seniors Ages 12-13 years (14 if still in 8th grade)
Practice Time and Day determined by coaches
Games on Saturdays before noon
(Subject to change based on enrollment)
\$45 Member/\$65 General Public



YOUTH INDOOR SOCCER LEAGUE (Ages 4-13)

January - March

A fun, exciting way to spend time making new friends while learning the basic fundamentals of soccer. Fee includes T-Shirt.

REGISTRATION INFORMATION

Registration begins: November 26th
Practice & Games: **Lakefront Branch**

COED DIVISIONS

Mites ages 4-5
Mighty Mites ages 6-7
Sophomores ages 8-10
Juniors ages 11-12
\$45 Member/\$65 General Public

Practices days & times: TBD

Games on Saturdays:

Mites 9:00am
Mighty Mites 10:00am
Sophomores 11:00am
Juniors 12:00pm



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
Wednesday 5:00pm-5:45pm
Intermediate Ages 7-9 years
Wednesday 6:00pm-6:45pm

Fall 1: \$40 Member/\$56 General Public (7 wks)

Fall 2: \$45 Member/\$65 General Public (8 wks)



PEE WEE SPORTS & GAMES (Ages 3-5)

This class is for boys and girls to have fun and develop their muscles as they are moving around playing various sports & games. Parents are encouraged to participate with their child.

Lakefront Branch: Friday, 10:30am - 11:30am

Fall 1: \$25 Member/\$50 General Public (7 wks)

Fall 2: \$28 Member/\$57 General Public (8 wks)

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

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

QUESTIONS?

Contact Sports Department
262.898.4751

TUMBLING – LAKEFRONT BRANCH

PARENT/TOT (Ages Walking- 4 Years)

Parent & Tot is a 30 minute action packed, hands on, movement and coordination class. Your child will learn how to roll, balance, slide and jump. An adult must be present to help and encourage the child during the class period. Please dress comfortably for participation!

Lakefront Branch

Saturday 9:45am-10:30am

Fall 1: \$35 Member/\$55 General Public (7 wks)

Fall 2: \$40 Member/\$63 General Public (8 wks)

MINI TUMBLING (Ages 5-8)

Mini Tumbling allows the girls/boys to learn basic tumbling skills while building their strength and flexibility. Your child will learn Level 1 tumbling skills, including; forward rolls, hand stands, cartwheels, roundoffs and back walk-overs.

Lakefront Branch

Saturday 10:30am-11:30am

Fall 1: \$45 Member/\$65 General Public (7 wks)

Fall 2: \$51 Member/\$74 General Public (8 wks)

YOUTH TUMBLING (Ages 9-12)

Youth Tumbling is a class that invites both beginner and intermediate tumblers. Instructors will teach Level 1 & 2 tumbling skills.

Lakefront Branch

Saturday 11:30am-12:30pm

Fall 1: \$45 Member/\$65 General Public (7 wks)

Fall 2: \$51 Member/\$74 General Public (8 wks)



QUESTIONS ON TUMBLING?

Contact

262.898.4558



Visit us on
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TAE KWON DO

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

Sealed Air Branch

Monday & Wednesday, 7:00pm – 8:30pm

Lakefront Branch

Tuesday & Thursday, 5:30pm – 7:00pm

Fall 1: \$72 Members/\$110 General Public (7 wks)

Each additional Family member

\$46 Member/\$70 General Public

Fall 2: \$82 Members/\$125 General Public (8 wks)

Each additional Family member

\$53 Member/\$80 General Public

JUDO & JUJITSU

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-defense) techniques. Continuing students can learn advanced Judo and Jujitsu techniques.

Sealed Air Branch

Ages 7 and up

Tuesday & Thursday

Beginner, 6:30pm – 7:00pm

Intermediate, 7:00pm – 8:00pm

Advanced, 7:00pm – 8:30pm

Fall 1: \$60 Members/\$80 General Public (7 wks)

Each additional Family member

\$30 Member/\$40 General Public

Fall 2: \$69 Members/\$91 General Public (8 wks)

Each additional Family member

\$34 Member/\$46 General Public

Adult Noon Basketball

Monday thru Friday

11:30am – 1:00pm

Sealed Air Branch

- Must be 18 years or older
- Members: Free
- General Public: \$5
- Photo ID required

