

YOUTH SPORTS LEAGUES

(YM) YMCA MEMBER

(CM) COMMUNITY MEMBER

(LO) LOCATION

YOUTH SPORTS LEAGUES 2021

SPORT	AGES	YM	CM	REGISTRATION DATES	LEAGUE DATES	GAME DAYS	PRACTICE DAY
BASKETBALL	7 - 11 YEARS OLD	\$45	\$69	10.25.21 - 1.2.22	1.11.22 - 2.19.22	SATURDAYS	TUESDAYS OR WEDNESDAYS
INDOOR SOCCER	3 - 10 YEARS OLD	\$45	\$69	10.25.21 - 2.27.22	3.9.22 - 4.23.22	SATURDAYS	WEDNESDAYS OR THURSDAYS (AGES 7+)
T-BALL	3 - 7 YEARS OLD	\$45	\$69	10.25.21 - 5.1.22	5.14.22 - 6.25.22	SATURDAYS	N/A
TRACK & FIELD	4 - 12 YEARS OLD	\$45	\$69	1.2.22 - 6.19.22	6.29.22 - 7.30.22	SATURDAYS	WEDNESDAYS
CROSS COUNTRY	4 - 12 YEARS OLD	\$45	\$69	1.2.22 - 7.17.22	7.28.22 - 8.27.22	SATURDAYS	THURSDAYS
OUTDOOR SOCCER	3 - 8 YEARS OLD	\$45	\$69	1.2.22 - 8.28.22	9.10.22 - 10.15.22	SATURDAYS	N/A
BASKETBALL	3 - 7 YEARS OLD	\$45	\$69	1.11.22 - 10.16.22	10.29.22 - 12.17.22	SATURDAYS	N/A

YOUTH SPORTS CLINICS

SPORT	AGES	YM	CM	REGISTRATION DATES	CLINIC DATES	CLINIC DAYS
YOUTH VOLLEYBALL CLINIC	7 - 12 YEARS OLD	\$40	\$66	10.25.21 - 1.16.22	1.24.22 - 3.21.22	MONDAYS
TEEN VOLLEYBALL CLINIC	12-18 YEARS OLD	\$40	\$66	10.25.21 - 3.27.22	4.4.22 - 5.9.22	MONDAYS

YOUTH SPORTS LEAGUES

At the Y, we aim to help everyone reach their full potential. Our focus is developing the person behind the jersey, on and off the field of play. Children will gain new skills, build character and develop a sense of belonging by connecting with positive role models.

BASKETBALL | The YMCA Youth Basketball League is a co-ed league. Volunteer coaches will lead children through practices focusing on the

fundamentals of dribbling, shooting, passing and defense. Players will practice once per week (Tue or Wed evenings, at an assigned time slot between 5-7:30pm) with games held on Saturdays. The YMCA's Youth Basketball league is a developmental league meaning the emphasis will be placed on learning and having fun, rather than winning or losing

INDOOR SOCCER | The YMCA's Indoor Soccer League introduces children ages 3-10 to the fundamentals of soccer. Indoor Soccer is played at a fast pace with little to no interruptions, and teaches players great ball control and footwork.

T-BALL | Every All-star has to start somewhere! Our co-ed T-ball league is designed to help players learn basic skills such as batting, catching, throwing and base-running. Our league focuses on character development, skill building, team work and most importantly FUN!

TRACK AND FIELD | Healthy living meets healthy competition. This program will introduce participants to the basics of Track & Field through engaging practices and meets. Running events will vary based on age, and will range from 60m to one mile. Field events offered include: softball



throw, javelin throw (plastic javelin), Frisbee throw, long jump. Participants can participate in up to 4 events each meet.

CROSS COUNTRY | Healthy living meets healthy competition. This program will introduce participants to the basic principles of cross country running through engaging practices and meets. Our goal is to improve running ability and stamina while providing participants and families with tools to make healthy food choices.

OUTDOOR SOCCER | The YMCA's outdoor soccer league introduces children (ages 3-10) to the fundamentals of soccer. Our league offers a fun and encouraging environment where players will learn ball control and footwork.

BASKETBALL | The YMCA Youth Basketball League (Age 3-8) is a CO-ED league. Children will learn the fundamentals of dribbling, shooting, passing and defense.

YOUTH SPORTS CLINICS

YOUTH VOLLEYBALL CLINIC | Multi-week volleyball clinic for any skill level. Participants will work on passing, hitting and serving. Kids will learn the rules and gain a basic understanding of volleyball. This clinic is great for those who want to improve their skills or learn more about volleyball.

TEEN VOLLEYBALL CLINIC | This multi-week volleyball clinic is for ALL skill levels. Beginner, intermediate and advanced players can all benefit from the clinic. The coaches leading the clinic have experience coaching players ranging from age 7 all the way up to college athletes. Participants will develop key skills such as bumping, setting, passing, and serving while learning about the importance of teamwork and strategy

