



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A LOT GOING ON AT THE YMCA

Youth, Teen and Family Programs

The York YMCA offers multiple programs for youth, teens and families. The sports programs offer a quality sports experiences for all skill levels, including practices and games, under the direction of qualified YMCA instructors.

Register early by returning the form (on the back of this flyer) to the York YMCA. Financial assistance is available. Stop by the York YMCA front desk at least one week prior to the start of the program to ask for a financial assistance application.

Contact Doug Markel at 717-843-7884, ext. 263 or dmarkel@yorkcoymca.org for more information.

- WHEN:** First program begins
September 2019
- WHERE:** York Branch YMCA
- WHO:** AGES 4 - TEEN, ALL SKILL LEVELS

YORK BRANCH YMCA
90 North Newberry Street
York, PA 17401
717-843-7884
www.yorkcoymca.org

The School District neither encourages nor discourages a student's participation in the activity described herein.





OUTDOOR SOCCER LEAGUE

For beginners and experienced players. Participants will learn and enhance their soccer skills including ball handling, passing, shooting and control in an instructional setting through practices and games, all on Saturday mornings. Instructors and volunteer coaches follow US Soccer instruction guidelines. Each day held at the Small's Field auxiliary field. Look for our Indoor Soccer League to begin in February.

Ages 4 - 5's will be at 9 a.m., ages 6 - 8's at 10 a.m. and ages 9 - 11's at 11 a.m. Coed. Schedules will be determined after registration cut-off dates.

Saturdays, September 21 - November 16
\$33/YMCA Members \$66/Non-Members

GIRLS INTRAMURAL VOLLEYBALL

For girls ages 11 - 15, this program focuses on instruction in a recreational environment, with pick-up games incorporated toward the end of the session. All skill levels are welcome. For those which have gone through a prior session, instruction will be based on returning participants also.

REGISTER EARLY!

Mondays: 7 p.m. - 8:30 p.m.
September 16 - November 11, November 18 - January 13
\$35/YMCA Members \$70/Non-Members

GIRLS CLUB VOLLEYBALL (Ages 11-18)

This program is for girls who want to practice and compete at a high level. Practices are twice a week from Dec. - May with weekend tournaments twice a month from Jan-May at locations throughout PA. Monthly cost ranges from \$125-\$230. Try-outs being in mid-October. Contact dmarkel@yorkcoymca.org for details.

DODGEBALL LEAGUE

Saturdays, October 19-December 14
(Ages 11-15) 3:15-4:45 p.m.

Join us for non-stop games using rubber coated foam balls. Teams formed on the first day from individual registrations with playoffs held on the last day.

\$30/YMCA Members \$60/Non-Members

INTRO. TO PICKLEBALL (Ages 11-14)

A combination of tennis, ping pong, and badminton, pickleball is an easy game for beginners to learn that can develop into a quick, fast-paced game for experienced players. The game is played with 2 or 4 players on a badminton sized court using paddles and a plastic ball.

Try this increasingly popular sport that will provide you with a great workout while offering a very social and competitive game. All equipment is provided. The first few weeks are instructional with one-on-one "pick-up games" followed by recreational round robin tournaments each Saturday. Doubles "round robin" tournaments will include having individuals paired each

Saturday.

Saturday's from 10/26 - 12/7, 2 p.m. - 3 p.m.
*Try it for free on 10/19 at 2 p.m.

\$30/YMCA Members \$60/Non-Members

GROUP BASKETBALL TRAINING

In a group setting, participants will be divided based on their skill levels and gain skill enhancement above and beyond their current knowledge and abilities. Instruction provided by Kingdom Abound instructors with years of high level play and instructing experience. Program offered on a monthly basis during the months of Oct., and Nov. 2019, for ages 6-11. Register per month, no later than three business days prior to the start of the upcoming month.

Mondays: 5:45 p.m. - 6:45 p.m.

\$25/YMCA Members \$50/ Non-Members (monthly fee)

BASKETBALL LEAGUE

Ages 4-5/6-8/9-11

Saturday Mornings/Early Afternoons,

December 7-February 1

For beginners and experienced players. Participants will work on basketball skills in an instructional setting through practices and games, held at the York YMCA. Non-mandatory practices held Tuesday evenings each week also for ages 6-11. Instructors and volunteer coaches follow JRNBA instruction guidelines. Must register by 12/5.

Ages 4-5: First Saturday/ 9 a.m.
\$33/YMCA Members \$66/Non-Member

Ages 6-8: First Saturday/10 a.m.
\$40/YMCA Members \$80/Non-Member

Ages 9-11: First Saturday/11 a.m.
\$40/YMCA Members \$80/Non-Member

SAFE KIDS TAE KWON DO

The practice of Tae Kwon Do teaches children and adults discipline, self-control, and safety. EARN YOUR BLACK BELT!!! This program is taught by a 7th degree Grand Master Instructor. The program is especially beneficial for children with ADD, ADHD, and some forms of Autism. It is also an excellent program for children who need the added structured discipline to stay focused. Kids will also learn about Stranger Danger, and the Avoidance of Gangs, Guns, and Drugs. This youth and family program is offered at all York County YMCA locations. Ages 6 years and older, Adults and Families Welcome! 9/12-12/12. Twelve weeks.

For more information or to register, contact Judith Kirby, 717-252-2824.

Registrations (form & payment together) accepted at the Y. If applying for financial assistance, this must be done a week in advance.

Child's Name: _____ Grade: _____ Birthdate: ____/____/____ Age: _____ Male Female

Parent(s) Name(s): _____

Address: _____ City: _____ State: _____ Zip: _____

Phone No.: _____ Email address: _____

Program: _____ Shirt Size: YS (6-8) YM (10-12) YL (14-16) Other (specify)_____

Interested in being a coach? YES NO *VOLUNTEER COACHES ARE NEEDED (must provide clearances)

*Shirts for soccer and basketball leagues only.