

Sport Programs

Spring 1 2010 SESSION
Feb 22-April 18



LET'S HAVE SOME FUN! It is a wonderful time of year to start or continue organized sports classes for your pre-school child. The classes offer a variety of skill levels and activities that fit every child's needs. The curriculum is based around the pre-school and kindergarten objectives found in the Massachusetts's frameworks. The classes promote a healthy lifestyles while improving both small and large motor skills. Each class facilitates age appropriate social and emotional skills and helps contribute to the overall well being of your pre-school aged child.

NEW

PRESCHOOL & YOUTH INSTRUCTIONAL SPORTS

NEW

Monday - Saturday Classes \$54 members / \$108 non-members

Pre-Sports (Spectacular Skills) Ages 3-4

A fun approach to fundamental sport skills needed to further future organized sports leagues. It is a warm friendly place to run around when the weather gets colder outside. The class offers a relaxed environment for young children that may not have participated in previous sports classes.

Tuesday	10:20 - 11:00 am	03203-32
Wednesday	9:30 - 10:10 am	03203-31

Sports of All Sorts

A more sophisticated instruction for children that have learned the basic sports skills and have grasped the foundations of throwing, kicking, running and most importantly following directions. During the class the children will begin with a short review of the required skills used and then take part in organized scrimmages such as soccer, t-ball, or basketball.

Wednesday (Ages 4-6)	10:20 - 11:00 am	03203-33
Thursday (Ages 4-6)	10:20 - 11:00 am	03210-41
Fridays (Ages 5-8)	3:30 - 4:15 pm	03207-53
Saturday (Ages 4-6)	9:20 - 10:00 am	03203-61

Games Galore

The cold weather should not stop daily exercise. This course is offered to children of any skill level that want to play a variety of athletic games. It will be a fun opportunity to run around in a structured environment while improving over- all fitness levels and social skills.

Thurs (Ages 3-4)	9:30 - 10:10 am	03203-41
Saturday (Ages 5-8)	8:30 - 9:10 am	03201-61

Soccer Stars Ages 4-6

Many children joined organized soccer leagues and will benefit from an instructional class that helps improve the required skills. Over the eight week period the children will practice and execute dribbling, passing and shooting skills through a variety of drills and games.

Tuesday	9:30 - 10:10 am	03207-21
Saturday	10:50 - 11:30 am	03203-62

YMCA HOME SCHOOL PE

The MetroWest YMCA Home School PE Program is designed for home-schooled children and youth. This program includes: outdoor/indoor activities, and health, safety and life skills lectures.

\$54 members / \$108 non members

Fridays	9:30-10:10am	03210-51
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Family Sports - w/ Parent Ages 3-4

This half hour class offers families the opportunity to spend time together while improving over-all fitness. Throughout the class the children will begin with a simple warm up and take part in a series of fun games and activities to improve small and large motor skills and coordination. It is a chance for parents to spend time with their child as well as meeting other families and making new friends in an organized setting

Friday	9:00 - 9:30 am	03210-52
Saturday	10:10 - 10:40 am	03201-62

Men's Basketball League

Starts in April. For more information email Kevin at KRodis@metrowestymca.org



DROP-IN VOLLEYBALL



Ages 16+, all levels welcome!
limited instruction available

Thursdays 7:30-9:45 pm

Free for members, \$7 non members
No registration needed, drop in style

SPORTS VACATION PROGRAM

February 15-19 8am-5pm Grades K-8
\$47 Member/ \$58 Non-Member

Winter school vacations are fun at the Y! Arts & Crafts, games, field trips & more! Space is limited- so register early. Registration available December 1. For more information contact our member service desk at 508-879-4420.

SAVE THE DATE / APRIL 19-23 VACATION PROGRAM

April 19-23, 8am-5pm for grades K-8

Come check out our new sport wall!

Most classes will now feature our interactive gym section to enhance learning!