

SPORTS YOUTH DEVELOPMENT

Fall 2 2018 Session
October 29-December 23, 2018

The MetroWest YMCA's Sports Program is the starting point for many youth to learn sportsmanship and basic skill development. Whether it's gaining the confidence that comes from learning sports skills or developing better listening and social skills, participating in sports at the MetroWest YMCA is about building the whole child, from the inside out.

PRESCHOOL INSTRUCTIONAL CLASSES

Mon-Wed Classes \$70 Members / \$140 Non-Members
Thurs-Sun Classes \$62 members / \$120 Non-Members

Little Ninjas Ages 3 - 5 years old

Introductory level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.

Tuesday	10:50-11:30 am	7465
Tuesday	4:10 - 4:50 pm	7466
Tuesday	5:00 - 5:40 pm	7469
Thursday	10:50-11:30 am	7468
Thursday	4:10-4:50 pm	7467
Saturday	8:50 - 9:30am	7476
Saturday	9:35-10:15am	7477

Double Play (Soccer/Basketball) Ages 3 - 5 years old

Children will be divided into teams to play actual games while learning teamwork and the skills of each sport.

Tuesday	9:50 - 10:30 am	7472
Thursday	9:50 - 10:30 am	7473

NEW! Sport Shorts and Intramural Sports Mash-up Classes Included with Family membership at no additional charge! To register for these classes, please come to the Member Service Desk.

Short Sports: Ages 2-3 with parent

Explore the basics of a different sport each week. This class will emphasize listening, following directions and fun to help enhance your child's social skills, body awareness and self-confidence.

Fridays	10:30 - 11:15 am	drop-in
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Intramural Sports Mash-up: Ages 6-9

Drop-in for intramural sports and recess games under the supervision of our sports staff, including soccer, flag football, floor hockey, and kickball. This is a great opportunity for your child to be active and learn to play independently with other kids.

Wednesday	6:05-6:45pm	drop-in
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YOUTH SPORT CLASSES

Mon-Wed Classes \$74 Members / \$148 Non-Members
Thurs-Sun Classes \$54 Members / \$126 Non-Members

Ninja Warrior, Ages 6-10

Beginner level class that uses an American Ninja Warrior style obstacle course in a fun and creative way to develop confidence and increase body awareness.

Ages 6-8

Tuesday	5:50 -6:30 pm	7470
Thursday	5:00-5:40 pm	7471
Saturday	10:20-11:00 am	7478
Saturday	11:05- 11:45 am	7479

Ages 8-10

Thursday	5:50 - 6:30 pm	7480
Saturday	11:50am-12:30pm	7481

USTA Ten & Under Tennis Ages 6-10

A great way to learn tennis customized for kids! This class will teach the fundamentals of tennis in a fun atmosphere. The curriculum is designed by the US Tennis Association. **\$80 members / \$160 non members**

Friday	4:00-4:30pm	7486
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YOUTH SPORTS CLINICS

Clinics are designed to teach the fundamentals of sports. Children will learn how to work as a team, do individual drills and have fun.

7 Weeks \$65 Members / \$126 Non-Members

Small Ball Girls & Boys 1st-3rd graders

Dribbling, passing, shooting, rebounding and defensive drills will be taught.

Wednesday	4:15-5:00 pm	7474
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Buzzer Beaters Girls & Boys 4th-6th graders

Game situation skills are developed using drills to improve dribbling, passing, shooting, rebounding and defensive strategies.

Wednesday	5:15-6:00 pm	7475
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Flag Football Girls & Boys 5th-8th graders

Ready, Set, Hike! join us on the back field where you will learn the skills and drills necessary to play Flag Football.

Friday	4:40-5:20 pm	7534
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YOUTH BASKETBALL LEAGUES DECEMBER 2018-FEBRUARY 2019



When registering for Youth Basketball Leagues, please choose the WINTER 2019 Session and enter the program codes listed below.

ROOKIE Girls & Boys PreK - Kindergarten, Ages 4-6

Skills, drills and teamplay. 30-min practice followed by 30 minutes of team play on Saturday between 8:30am - 4:30pm **\$107 Members / \$130 Non-Members**
Winter League Code: 7389

Small Shots BOYS ONLY Grade 1-2

Skills, drills and team play. Half-hour practice followed by half-hour of team play on Saturday between 8:30am-3:30 pm **\$113 Members / \$160 Non-Members**
Winter League Code: 7390

Lady's Small Shots GIRLS ONLY Grades 1-3

Emphasis on skills, drills and team play. Half-hour practice followed by half-hour game on Saturday between 8:30am - 12:00 pm **\$113 Members / \$160 Non-Members**
Winter League Code: 7391

Big Shots BOYS ONLY Grade 3-4

Hoops are set at regulation height. Practices will emphasize beginner level plays for games. Half-hour practice followed by half-hour games on Saturday between 8:30am - 4:30 pm **\$113 Members / \$160 Non-Members**
Winter League Code: 7392

Hot Shots BOYS ONLY Grade 5-6

Hoops are set at regulation height. Practices will emphasize beginner level plays for games. Teams will practice once a week and play games on Saturday. Games on Saturday between 1:00pm - 7:00pm **\$115 Members / \$170 Non-Members**
Winter League Code: 7392



Registration deadline is October 31. Any players registered after October 31 will be placed on a waiting list and may be assigned to a team if space is available.

Look for details when schedules and shirts will be distributed. Games begin December 2nd

Important Registration Information:

One of the primary missions of YMCA Youth Sports is to create balance in play. Due to this reason we are unable to accept requests for practice times. All divisions play a rotating schedule so game times will rotate through the time slots indicated in the division details. Team placement requests are not guaranteed and will only be accepted for extenuating circumstances.

ADULT SPORTS

HEALTHY LIVING

PICK-UP VOLLEYBALL

Come join us for a competitive night of volleyball. This is a drop in style of play where teams will be made on a week to week basis.

Tuesday Nights from 7:30-9:30pm
\$7/Night or \$29/Members and \$84/nonmembers
for 7 week session.
Code: 03225-21



COACHES CORNER

VOLUNTEER COACHES NEEDED

All Teams are coached by parent volunteers. Parents interested in volunteering to coach a team should contact Brendan Tuma, Sports Director by E-mail btuma@metrowestymca.org

All coaches need to attend a Coaches meeting. Please watch for the meeting notice .

