

SPORTS

YOUTH DEVELOPMENT

SPORTS AT THE FRAMINGHAM BRANCH

The Sports classes listed below (in this column) are the proposed Sports Classes for Fall 2019. We anticipate the Gymnasium being ready for classes to begin the week of October 14th and running for 10 weeks through December 22. Please stay connected for more updates. YMCAheartofthecommunity.org

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..... 4:15 PM - 4:45 PM
 Tuesday..... 4:50 PM - 5:20 PM
 Thursday..... 10:00 AM - 10:30 AM
 Thursday..... 10:40 AM - 11:10 AM
 Thursday..... 4:15 PM - 4:45 PM
 Saturday..... 9:00 AM - 9:30 AM
 Saturday..... 9:35 AM - 10:05 AM



Ninja Warrior, Ages 6-8

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.

Tuesday..... 5:25 PM - 5:55 PM
 Thursday..... 4:50 PM - 5:20 PM
 Saturday..... 10:10 AM - 10:40 AM
 Saturday..... 10:45 AM - 11:15 AM

Ninja Warrior, Ages 8-10

Thursday 5:25 PM - 5:55 PM
 Saturday 11:20 AM - 11:50 AM

Double Play Soccer/Basketball, Ages 3-5

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

Wednesday 4:20 - 5:00 pm.....

Small Ball Basketball, 1st-3rd grade clinic

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

Wednesday 4:20 - 5:00 pm.....

Buzzer Beater Basketball 4-6th grade clinic

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

PICKLEBALL

Learn the basics of the new pickle ball craze with our sports staff! This class is open to 5th - 8th graders who want to play competitive games in addition to practicing.

6-10 years old

Friday..... 4:10 PM - 4:50 PM

Pickleball Adult Instructional

Tuesday..... 2:30 PM - 3:10 PM

Pickleball Adult drop in

Friday..... 2:00 PM - 4:00 PM

Watch for more drop in times to be announced..

SPORTS LEAGUES

AT THE OUTDOOR CENTER

Saturday September 7-October 26

Saturday AM Sports Leagues at Hopkinton Family Outdoor Center.

Family Member \$74/Youth \$77 /Non-members: \$144

Munchkins Soccer Ages 4-6

Saturday..... 9:15 - 10:15am

Little Sox T-Ball Ages 4-6

Saturday..... 10:20 - 11:20am

TENNIS AT CLEARBROOK

Tennis Clinic at Clearbrook runs Saturdays September 7-October 26, Co-ed 6-10 years old

Family Member \$74/Youth \$77 /Non-members: \$144

Saturday..... 12:00 - 12:40 PM

KIDS BASIC MARTIAL ARTS PROGRAM

Based on the teachings of Shaolin Kempo Karate, classes focus on developing the critical life skills of respect, self-discipline and self-control. Students will learn to control and be confident in their actions by learning varied martial arts movements such as strikes, kicks, and footwork; progressing to more complex movements and patterns as they develop. Sneakers are required; please no boots, clogs, flip flops or sandals. *Introductory belt is provided, Karate uniform optional to purchase. This class is being held in the Dance room (formerly the large conference room next to Childwatch)

September 7-October 19 @ \$69 Family Members / \$72 Youth Members / \$138 Non-Members

Ages 4-7..... Saturday 1:30-2:00pm
 (Introductory session for first-time karate students)

Ages 4-7..... Saturday 2:00-2:30pm
 (Requires completion of introductory session or prior karate experience)

Ages 8-13..... Saturday 2:30-3:00pm

Advanced Karate Class

@ \$72 Family Members / \$76 Youth Members / \$152 Non-Members

(Requires Yellow Belt or instructor approval).

All ages..... Saturday 3:15-4:00pm

FAMILY OUTDOOR CENTER

Youth, Teens, Family & Group Adventure Programs at 45 East Street, Hopkinton

CLIMBING

DROP-IN OPEN CLIMB

Every Friday from 6:30PM – 8:30PM

The indoor climbing gym is open to climbers of all ages, shapes, and sizes. If you can be appropriately harnessed, you may climb! We have lawn games, mini soccer, and gaga ball open for non-climbing family members and climbers who want a break.

Members: FREE! | Non-members: \$10/person or \$20/family

Check out Pre-Register Classes to find out how YOU can belay YOUR FAMILY by signing up for an Adult Belay Class!

ADULT BELAY CLASS

Calling all parents, guardians, and siblings over age 16!! Call to register for a learn-to-belay class so that YOU may learn how to manage the ropes and take charge of your family's life line! \$30 per person for adult belay.

ARCHERY

BEGINNER/INTERMEDIATE ARCHERY YOUTH AND ADULT

Our Beginner/Intermediate Archery program works on foundational archery skills: identifying the parts of the bow and arrow, how to hold equipment, stance, and other information. All equipment is provided!

Saturdays from 9 – 10AM

No class 9/28 or 10/12

Members: \$90 | Youth & Teen: \$95 | Non-Members \$180

ADVANCED ARCHERY – YOUTH AND ADULT

The Advanced Archery class provides an environment in which students will hone in on their form, learn range/competition commands, and learn care of essential gear such as stringing, waxing, & re-fletching. To participate you MUST have instructor approval or schedule an audition with staff (call to arrange).

Saturdays from 10:15 – 11:15AM

No class 9/28 or 10/12

Members: \$90 | Youth & Teen: \$95 | Non-Members \$180

SPORTS

NINJA WARRIORS

AGES 6 TO 10 YEARS OLD

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.

Saturday 12:00-12:50pm

Sunday 12:00-12:50pm

LITTLE WARRIORS, Ages 3-5

Like the older warriors, our little ones will tackle unique and creative challenges on our obstacle course that work their body and encourage their growth.

Saturday 1:00-1:45pm

Sunday 11:00-11:45am

TENNIS: Beginner Red Ball

Ages 5 to 9 years old

Utilizing the USTA Net Generation curriculum, players will be using a 36' court and specialized Red foam balls. Basic stroke shape will be introduced along with proper movement and recovery. Students will focus on receiving and sending the ball as well as developing overall agility. Players will work together in cooperative activities and be introduced to competitive situations using skill based tasks performed in teams. Students will learn competition and the basics of scoring. Instruction is indoors in our gymnasium unless weather permits play on our outdoor courts.

Saturday 2:15-3:05pm

TENNIS: Intermediate Orange Ball

Ages 6 to 10 years old

Following the USTA Net Generation curriculum, players will be introduced to a 60' court and the Orange ball. Student will focus on developing correct swing patterns. Consistency and footwork are emphasized. The concept of spinning the ball will be introduced. Students will develop further skills in match format and scoring. Instruction is indoors in our gymnasium unless weather permits play on our outdoor courts.

Saturday 3:15-4:05pm