

SPORTS YOUTH DEVELOPMENT

Winter 2019 Session
January 2-February 16, 2019

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-Tue Classes \$55 Members / \$110 Non-Members
Wed-Sun Classes \$66 members / \$132 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.

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| Monday | 10:00-10:40 am |
| Tuesday | 10:50-11:30 am |
| Tuesday | 4:10 - 4:50 pm |
| Tuesday | 5:00 - 5:40 pm |
| Thursday | 10:50-11:30 am |
| Thursday | 4:10-4:50 pm |
| Saturday | 8:50 - 9:30am |
| Saturday | 9:35-10:15am |

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.

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| Wednesday | 10:45 - 11:15 am |
| Thursday | 9:45 - 10:15 am |

Munchkin Soccer Ages 3 - 5 years old

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

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| Monday | 9:30-10:00 am |
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Little Shooters Basketball Ages 3 - 5 years old

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

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| Thursday | 9:10-9:40 am |
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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. **Included with Family membership at no additional charge! To register for these classes, please come to the Member Service Desk.**

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| Fridays | 10:30 - 11:15 am | drop-in |
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ADULT VOLLEY BALL

Come join us for a competitive night of volleyball! Teams will be made on a week to week basis. 18+

Tuesday 7:30- 9:30pm

ADULT CATCH BALL

Come join us for a night of competitive catch ball!

This league is for 18+

Monday 8:00- 9:00pm

YOUTH SPORT CLASSES

Mon-Wed Classes \$59 Members / \$118 Non-Members

Thurs-Sun Classes \$69 Members / \$138 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

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| Tuesday | 5:50 - 6:30 pm |
| Thursday | 5:00 - 5:40 pm |
| Saturday | 10:20-11:00 am |
| Saturday | 11:05-11:45 am |

Ages 8-10

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

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**

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| Wednesday | 6:15-6:45pm |
| Friday | 4:00-4:30pm |

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.

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| Wednesday | 4:15-5:00 pm |
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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.

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| Wednesday | 5:15-6:00 pm |
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Flag Football Girls & Boys 5th - 8th Grades

Beginner clinic to flag football taking place in the front half of the gym!

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| Friday | 4:45-5:15 pm |
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Pickle Ball Girls & Boys 5th - 8th Grades

Join us to participate in the new pickle ball craze! Learn the basics and get ready to compete!

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| Monday | 6:15-6:45pm |
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Volleyball Girls & Boys 5th - 8th Grades

Join us in learning the basics of volleyball! Get ready to practice and compete!

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| Monday | 7:00-7:40 pm |
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