

Instructional Sports

Parent/Child

(0 – 36 months)

Fun Time Sports (ages 2 – 3 with parent)

Parents and children can enjoy this sports class together. Have fun with your child learning the basics of a variety of sports. Gym games will also be included such as obstacle courses, scooters and parachute. Dial ext. 121

Time for Two's (ages 2 – 3)

During this class your child will do simple crafts, play beginner games, and have fun. A parent/Guardian must remain in building with the child during class time. Dial ext. 21105

Wiggles & Giggles (ages 18 mo. - 3 years)

Parents will play an important role in helping their children develop basic motor skills while learning gymnastics. Children and parents will have the opportunity to roll, crawl and climb on soft and safe equipment. Dial ext. 121

Preschool

(ages 3 – 5)

Gym Jammers I (ages 3 - 5)

Gym Jammers II (must pass Gym Jammers I)

This program allows your child to explore and develop new skills without the aid of a parent. Coordination and balance are stressed as well as an introduction to basic gymnastics. Must have instructor approval to register for Gym Jammers II. Dial ext. 121

Kickers & Hoops (ages 3 – 5)

Learn the basics of basketball and soccer skills. Each class ends with a meeting while we talk about the YMCA core values of caring, honesty, respect and responsibility. Dial ext. 121 JKR Branch; ext. 21105 Sawmill Branch

Pee Wee B-Ball & T-Ball (ages 3 – 5)

A co-ed introduction to basketball and T-ball. Children will learn basic skills, drills and instruction. At the YMCA we emphasize fair play, cooperation and sportsmanship. Dial ext. 121 JKR Branch; ext. 21105 Sawmill Branch

Pee Wee G.A.T.O.R.S. (ages 3 – 5)

Join the fun with your friends as we spend time playing Games, Activities, Tag, Obstacles, Relays, and Sports. There won't be a dull moment in this class! Dial ext. 121 JKR Branch; ext. 21105 Sawmill Branch

Pee Wee Shooters (ages 3 - 5)

This program is designed to teach the basics and fundamentals of basketball. Dribbling, passing and shooting will be introduced. Dial ext. 121 JKR Branch; ext. 21105 Sawmill Branch

Pee Wee Soccer (ages 3 – 5)

A co-ed introduction to soccer. Children will learn basic skills, drills and instruction. At the YMCA we emphasize fair play, cooperation, and sportsmanship. Dial ext. 121 JKR Branch; ext. 21105 Sawmill Branch

Pee Wee Super Sports (ages 3 – 5)

Little athletes, come try this new class! This class is intended to introduce preschool age children to the concepts, skills and rules of sports in a loose and fun environment. Basketball, Hockey, Scooter Races, and T-ball are just a few sports your child will be able to try. Dial ext. 121 JKR Branch; ext. 21105 Sawmill Branch

Rollers (beginner ages 5 - 10)

Proper body mechanics and flexibility are stressed in this basic gymnastic instruction class. Tumbling, beam, uneven bars and vault are introduced. Dial ext. 121

Sticks & Sluggers (ages 3 - 5)

Children will learn the basics of hockey and T-ball in this action packed class. Dial ext. 121 JKR Branch; ext. 21105 Sawmill Branch

Youth Programs ***(ages 5 - 12)***

Fencing (ages 6+)

You will learn to dodge, parry and thrust in this very popular class! Also, learn proper form, technique and etiquette. Dial ext. 21105

Games Galore, Sports and More

Join the fun with your friends as we spend time exploring a variety of sports and games, including basketball, soccer, kickball, relays, scooters and more! Dial ext. 121

Rollers (beginner & intermediate/advanced, ages 5 - 12)

Proper body mechanics and flexibility are stressed in this basic gymnastic instruction class. Tumbling, beam, uneven bars and vault are introduced. Must have instructor approval to register for intermediate/advanced class. Dial ext. 121

Sports, Speed & Agility (ages 7 – 12)

This program is designed to teach participants how small changes in the way they run can translate into big gains in their overall quickness. These gains in quickness will dramatically affect their performance and speed in whatever sport they enjoy playing during the year. Instruction includes running techniques, agility training and sports.

“Y” Ballers (ages 9 - 14) (Instructor Approval Req.)

Learn more advanced parts of basketball including layups, dribbling, jump shooting, defense, rebounding and more. Also incorporating drills into actual games each week. Requirement: Child must be invited by instructor and have played in league basketball. Dial ext. 121

“Y” Dribblers (intermediate ages 9 - 12)

This program builds on the “Y” Shooters program. Fundamentals are reviewed and elaborated on, as well as positioning (offense and defense); plays, situations and games are introduced. Participants must have passed the “Y” Shooters program or have a working knowledge of basketball to be enrolled in this program. Dial ext. 21104

“Y” Shooters (beginner ages 6 - 8)

This youth basketball program is designed to teach the basics and fundamentals of dribbling, passing and shooting. Rules, offense and defense will also be introduced. Dial ext. 121 JKR Branch

Youth G.A.T.O.R.S. (ages 6 – 10)

Join the fun with your friends as we spend time playing Games, Activities, Tag, Obstacles, Relays, and Sports. There won't be a dull moment in this class! Dial ext. 121 JKR Branch; ext. 21105 Sawmill Branch

Youth Super Sports (ages 6 – 10)

Athletes, come try this new class! Children will play sports in a loose and fun environment. Basketball, Hockey, Soccer, and Baseball are just a few sports your child will be able to try. Dial ext. 121

Teen Programs
(ages 13 - 17)**Fencing (ages 6+)**

You will learn to dodge, parry and thrust in this very popular class! Also, learn proper form, technique and etiquette. Dial ext. 21105