



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SCHEDULE

SOUTHERN BRANCH YMCA (REVISED 10/24)

Basketball

In this program participants will learn fundamentals of basketball (dribbling, passing, shooting, and defense). Participants will learn the sport of basketball through fun games and drills.

Soccer

This six week program is designed to enhance the participant's skill in a team format. The kids will work on skill development through games and drills. Parents are strongly encouraged to help with their child during practices.

Birthday Party Options

Make your child's birthday the best ever! You bring the kids and we provide the fun! Our parties can be held on Saturdays between 12-4 pm and Sundays between 1-4 pm. Our packages include nerf tag, gaga, gym rental, and activity center rental. We also offer pool parties that can be booked through the aquatics department.

Registration

Contact Youth/Teen Sports & Camp Director Travis Bowman for more information regarding youth programs
tbowman@yorkcoymca.org

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|--|
| | Youth Soccer Ages 4-6 5:30-6:15 pm Y Fields or Gym Starts 11/12 Ends 12/17 Member \$50 Non-Member \$95 6 week program | Intro to Basketball Ages 5-7 5:30-6:15 pm Gym Starts 11/13 Ends 12/18 Member \$50 Non-Member \$95 6 week program | Toddler Time Ages 15 months - 2 ½ year olds 10:15-11:00 am Gym/Activity Center Starts 9/26 Ends 12/5 Member \$50 Non-Member \$95 | Kid Fit Ages 3-5 10:00-11:00 am Gym Starts 9/13 Ends in May Free for Members *Exact dates class is offered can be found at Child Watch Desk | Kids Night Out Ages 5-12 6:00-9:30 pm Southern Branch Y Dates 11/2, 12/7 Member \$10 Non-Member \$20 |
| | Kiddie Combat Jujitsu Ages 6-9 6:00-6:30 pm Studio A | | Nerf Tag Ages 7-12 5:30-6:30 pm Gym Starts 11/7 Ends 12/19 Member \$50 Non-Member \$95 6 week program | Kiddie Combat Jujitsu Ages 6-9 6:00-6:30 pm Studio A | |
| | Young Tigers Taekwondo Ages 4-6 6:00-6:45 pm Activity Center | | Safe Kids Taekwondo 6:30-7:45 pm Gym | Beginner Fencing 6:30-7:30 pm Intermediate Fencing 7:30-8:30 pm Gym | |
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