



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY ACTIVE THROUGH SPORTS

Sports Programs YORK BRANCH YMCA

The York Branch YMCA offers multiple sports programs for youth and teens. These programs offer quality sports experiences for all skill levels, including practices and games, and under the direction of qualified YMCA instructors. Register early by returning the form (on the back of this flyer) to the York YMCA. Financial assistance is available. Stop by the York Branch YMCA front desk at least two weeks prior to the start of the program to ask for a financial assistance application. Contact Doug at 717-843-7884, ext. 263 or dmarkel@yorkcoymca.org for more information.

SEE SIDE 2.

- Ages 4 Through Teen
- All Skill Levels

WHEN: First Program Begins 9/17/18
WHERE: Multiple Sites
WHO: AGES 4 - TEEN, ALL SKILL LEVELS

YORK BRANCH YMCA
90 N. Newberry Street
York, PA 17401
717-843-7884
yorkcoymca.org



The school district neither encourages nor discourages a student's participation in the activity described herein.



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OUTDOOR SOCCER LEAGUE

Ages 4-5 6-8 9-11

Saturday Mornings, September 22-November 17, 2018

For beginners and experienced players. Participants will learn and enhance their soccer skills including ball handling, passing, shooting and control in an instructional setting through practices and games, all on Saturday mornings. Instructors and volunteer coaches follow US Soccer instruction guidelines. Each day held at the Small's Field auxiliary field. Look for our Indoor Soccer League to begin in February.

Ages 4-5: First Saturday at 9 a.m.

Family Membership:\$33 Non-Member:\$66

Ages 6-8: First Saturday 10 a.m.

Family Membership:\$33 Non-Member:\$66

Ages 9-11: First Saturday 11 a.m.

Family Membership:\$33 Non-Member:\$66

DODGEBALL LEAGUE

Ages 11-15 3:15-4:45 p.m.

Saturdays, October 20-December 15, 2018

Join us for non-stop games using rubber coated foam balls. Teams formed on the first day from individual registrations with playoffs held on the last day.

Family Membership:\$33 Non-Member:\$60

BASKETBALL LEAGUE

Ages 4-5 6-8 9-11

Saturday Mornings/Early Afternoons,
December 1, 2018-January 26, 2019

For beginners and experienced players. Participants will work on basketball skills in an instructional setting through practices and games, held at the York YMCA. Non-mandatory practices held Tuesday evenings each week also for ages 6-11. Instructors and volunteer coaches follow JRNBA instruction guidelines. Must register by November 29, 2018.

Family Membership:\$40 Non-Member:\$80

Ages 4-5: First Saturday at 9 a.m.

Ages 6-8: First Saturday at 10 a.m.

Ages 9-11: First Saturday at 11 a.m.

*Saturday times subject to change after the first day based on the number of teams. Schedules for weekday practices and Saturdays will be provided after the first Saturday.

GROUP BASKETBALL TRAINING

Ages 6-11 5:45 p.m.-6:45 p.m.

Mondays, October - November, 2018

In a group setting, participants will be divided based on their skill levels and gain skill enhancement above and beyond their current knowledge and abilities. Instruction provided by Kingdom Abound instructors with years of high level play and instructing experience. Program offered on a monthly basis during the months of October and November 2018. Register for this program by returning the "Youth and Teens Basketball Programs" tri-fold.

YMCA Members: \$25 (monthly fee) All Others: \$50 (monthly fee)

GIRLS INTRAMURAL VOLLEYBALL

Ages 11-15

Two Sessions:

Mon., September 17-November 12, 2018 7-8:30 p.m.

Mon., November 19- January 28, 2018 7-8:30 p.m.

This fun program will enhance your volleyball skills through instruction, drills, practices and games. For beginners as well as those with some experience looking to practice their skills further. Two courts with one for those with some experience and/or age 13 and up, with the other for beginners.

Family Membership:\$35 Non-Member:\$70

GIRLS CLUB VOLLEYBALL

Ages 11-18

This program is for girls who want to practice and compete at a high level. Practices are twice a week from December 2018 - May 2019 with weekend tournaments twice a month from January 2019 - May 2019 at locations throughout Pennsylvania. Monthly cost ranges from \$125-\$230.

Registrations (form & payment together) accepted at the Y. If applying for financial assistance, must be done a week in advance.

Program: _____ Child's Name: _____ School: _____

Grade: _____ Birthdate: __/__/__ Age: _____ Parent(s) Name(s): _____

Interested in being a coach? YES NO ***VOLUNTEER COACHES ARE NEEDED (must provide clearances)***

Phone No.: _____ Address: _____ City: _____ State: _____ Zip: _____

Email address: _____ Shirt Size YS (6-8) YM (10-12) YL (14-16) Other (specify) _____

*Shirts for soccer and basketball only.