

# YOUTH SPORTS

A mainstay of the YMCA offerings for young people, Y youth sports programs fill kids' discretionary hours with positive activities and caring adult attention. Coaches – often volunteers, including many parents – emphasize teamwork and cooperation over winning at any cost, developing good values over developing the next superstar.

The YMCA mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The YMCA believes that character development, focusing on the values of caring, honesty, respect and responsibility is an essential element of its youth sports programs.

Register before March 1st and receive a discounted rate on Sports programs.



## Youth Sports Shirt Policy

All youth sports league participants must purchase a reversible jersey. The jersey will be used until spring 2013 for the following leagues:

- Basketball (fall & winter)
- Flag Football (fall & spring)
- Indoor Soccer (fall, winter & spring)
- Micro Volleyball (fall & winter)

Jerseys will be available for purchase at the front.

## Kishwaukee Family YMCA

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## Spring 2012 Youth Sports

### Kishwaukee Family YMCA



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### **Spring Flag Football League (Grades k-5)**

Participants will have one practice a week and play a game. Games will be played on the field behind South Prairie School.

#### **Game Days & Times**

K & 1 Tuesday 5:30 & 6:30  
2 & 3 Tuesday 5:30 & 6:30  
4 & 5 Thursday 5:30 & 6:30

Practice starts week of 3/26  
Games start week of 4/10  
Fee: Member \$40.00  
Nonmember \$69.00

### **Spring Break Super Sports Camp (ages 3 – 5)**

Children ages 3 – 5 develop sports skills using small and large motor skills. Caring, honesty, respect and responsibility are also incorporated in this three day camp. Skills in the sports of basketball, flag football, soccer and tee ball will be taught.

Camp Date: March 26<sup>th</sup> – March 28<sup>th</sup> (3 days)

Camp Days: Monday, Tuesday and Wednesday

Camp Time: 1:30 – 2:30

Camp Fee: Member \$14.00  
Nonmember \$28

### **Small Group Soccer Training Sessions (ages 7 – 12)**

The objective of this program is to help children ages 7 – 12 master the key fundamentals of soccer while providing an enthusiastic environment in which to learn and grow. The training sessions will focus on dribbling, passing, shooting and defense. Class size will not exceed 6 participant.

Day: Thursday

Date: April 5<sup>th</sup> – May 24<sup>th</sup>

Time: 6:00-7:00  
7:00-8:00

Fee: Member \$58.00 Nonmember \$77

### **Rookies Soccer (ages 4 & 5)**

Great program to introduce your child to the game of soccer in fun and creative ways from a positive role model. Children will practice 15 minutes and then play a game. Program will take place on Sundays.

Games/Practices Begin: April 1<sup>st</sup>  
Fee: Member \$35/\$40  
Program Participant: \$70/\$75  
Second fee charged after March 1st

### **Youth Indoor Soccer League (Grades 1 – 8)**

Learn the skills and values that a player can take on throughout the rest of their life. Games are played on Sundays and there will be one practice a week.

Practice Begins: Week of March 19<sup>th</sup>  
Games Begin: April 1<sup>st</sup>  
Fees: Member \$40/\$44  
Program Participant: \$73/\$78  
Second fee will be charged after March 1<sup>st</sup>

### **Tee Ball Skills (Ages 4 – 7)**

Get your child ready for the upcoming tee ball season. Fundamentals of hitting, fielding and base running will be taught.

Day: Monday  
Date: March 19<sup>th</sup> – April 30<sup>th</sup>  
Time 6:00 – 6:45  
Fee: \$27/\$54

### **Spring Break Soccer Camp (Grades 1-6)**

Camp Dates: March 26<sup>th</sup> – 30<sup>th</sup> (Sycamore)  
April 2<sup>nd</sup> – April 6<sup>th</sup> (DeKalb)  
Time: 10:00 – 12:00  
Fee:\$22/\$44

### **Spring Break Volleyball Camp Grades 1-6**

Camp Dates: March 26<sup>th</sup> – 30<sup>th</sup> (Sycamore)  
April 2<sup>nd</sup> – April 6<sup>th</sup> (DeKalb)  
Time: 1:00 – 3:00  
Fee:\$22/\$44

### **Micro Volleyball League (Grades 1-3)**

Amanda Tadla will direct the league at the Y. Amanda is the current volleyball coach for D428.

Practice will be 25 minutes before a game on Saturday afternoon.

Season: March 31<sup>st</sup> – May 19<sup>th</sup> (No Games April 7<sup>th</sup>)

League Fee: Member \$35/\$40

Program Participant:\$70/\$75

Second Fee will be charged after Mar 1<sup>st</sup>.

### **Volleytots (Grades 1-3)**

This program will emphasize motor learning and development through various volleyball skills. Lower nets and lighter balls will be used. Hand-eye development with the ball will also be focused on.

Day: Friday

Time: 4:30-5:30

Date: Feb. 24<sup>th</sup> – April 6<sup>th</sup>

Fee: \$32/\$64

### **Volleyball Skills (Grades 4-6)**

This is a great program for 4<sup>th</sup>-6<sup>th</sup> graders learn the fundamentals of volleyball. Fundamentals will be taught using a lighter ball and lower net.

Day: Friday

Time: 5:30-6:30

Date: Feb. 24<sup>th</sup> – April 6<sup>th</sup>

Fee: \$32/\$64

### **4<sup>th</sup> Annual 3 on 3 Presidents Day Basketball Tournament**

Spend your day off in a 3 on 3 hoops tournament. 3 games guaranteed. Tournaments open to boys and girls.

Date: Feb. 20<sup>th</sup> (Presidents Day!)

Time: Games begin at 10:00 am

Fee: \$45 Per Team

Divisions: 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup>