

# Sports

## PHILOSOPHY OF ALL YOUTH SPORTS PROGRAMS

The YMCA's Youth Sports Programs value education through fun, recreational activities as well as fair play. Teamwork and fundamental skills are emphasized. All Youth participate equally.

**General Clinic and League Information:** Clinics will be held for all youth sports leagues. Clinics are a part of the season with attendance recommended. During this time, boys and girls will be taught the skills, fundamentals and rules of the sport, while parents will be given information about the upcoming season. Our goal is to form leagues within the grades listed. However, in the event of circumstances beyond our control, grade levels may be combined. When registering for youth sports leagues, please do so prior to the second clinic. This will enable us to complete rosters by the start of the league.

### FENCING

**Location: Studio A** - Participants will learn the European style of fencing. Foil, epee and saber skills will be taught. Some equipment available to try.

Beginner Ages 8+ Sat. 9:00 am - 10:00 am  
Intermediate/Advanced Sat. 10:00 am - 11:00 am

**Minimum 5  
Participants Required**

Participants are encouraged to purchase their own equipment.

FEE: Member \$40 General Public \$60

### TRADITIONAL TAE KWON DO (6 Years & Older)

**Location: Studio C** - This is a year round continuous program teaching traditional Tae Kwon Do in the ITF style of Grandmaster Duk An Yun. Open to all levels and abilities the students are instructed in the self-defense techniques that have made Tae Kwon Do one of the most popular martial arts in the world. With an emphasis on teaching techniques for self-defense this program helps the student build confidence and respect for themselves and others. Offered to both children and adults this is an excellent family activity and experience that will benefit everyone involved.

**Minimum 5  
Participants Required**

Tuesday & Thursday

Beginner 6:00-7:00 pm FEE: Member \$70 General Public \$95

Intermediate 6:00-7:30 pm FEE: Member \$90 General Public \$120

### OLYMPIC JUDO & JUJITSU

(7 years & Older)

**Location: Studio B**

Beginning students learn the fundamentals of Olympic style Judo and JuJitsu. This includes learning how to fall, throw, pin, and JuJitsu (self-defense) techniques. Continuing students can learn advanced Judo and JuJitsu techniques.

#### Monday Night

Advanced (7-13 yrs) 6:15 p.m.-7:15 p.m.

Advanced (14 yrs +) 7:15 p.m.-8:15 p.m.

**Minimum 5  
Participants Required**

#### Wednesday Night

Beginner (7-13 yrs) 6:15 p.m.-7:15 p.m.

Beginner (14 yrs +) 6:15 p.m.-7:15 p.m.

Intermediate (7-13 yrs) 7:15 p.m.-8:15 p.m.

Intermediate (14 yrs +) 7:15 p.m.-8:15 p.m.

FEE: Member \$30 General Public \$50

### SUMMER RECESS

**NEW CLASS**

**Location: Gym and Outside**

Just because school is over doesn't mean the fun active games have to end. They will be challenged in friendly games of tag, dodge ball, races and more. Bring your kids ages 5-12 and let them play while you work out. We will be outside weather permitting.

Wednesday 9:00-10:00 am

FEE: Member FREE General Public \$25

(Registration Required)

**Minimum Participants: 6  
Maximum Participants: 20**

**The Y is always looking for volunteer coaches & officials to assist in our youth sports programs. Call us today if you can help out. The kids will love you for it!**

**For complete information call our  
Sports Department 262-654-9622 ext. 213**

## PEE WEE PE (Ages 3-5)

**Location: Studio B** - This fun class will keep your little ones busy and agile. The children will learn four key developmental skills - balance, locomotion, hand-eye coordination and special awareness all while playing games, releasing built up energy and having fun! Breaks will be given as appropriate and the activities will be adjusted as needed to meet the needs and abilities of participants.

Wednesdays 9:00-10:00 am

FEE: Member \$20 General Public \$40

**Minimum Participants: 6**

**Maximum Participants: 15**

## YOUTH INSTRUCTIONAL BASKETBALL

**Location: Gym** - This class is for boys and girls of all skills levels and will teach good sportsmanship, teamwork, and the fundamentals of basketball.

Ages 4-6 Sat. 9:00-10:00 am Ages 4-6 Tues. 4:00-5:00 pm

Ages 7-9 Sat. 10:00-11:00 am Ages 7-9 Tues. 5:00-6:00 pm

Ages 10-13 Sat. 11:00-12:00 pm Ages 10-13 Tues. 6:00-7:00 pm

FEE: Member \$20 General Public \$30

**Minimum Participants: 5**

## CHILDREN'S T-BALL INSTRUCTION (4-7 YEARS)

**Location: Rotary Miracle Field** - Children develop the skills of throwing, catching, batting, and base running. They will also learn the rules of the game through simulated playing situations. \*Just bring a glove.

Tuesday: June 1 - July 20

Thursday: June 3 - July 22

Ages 4-5 Tuesday 5:45 pm - 6:30 pm

Ages 6-7 Tuesday 6:30 pm - 7:15 pm

Ages 4-5 Thursday 5:45 pm - 6:30 pm

Ages 6-7 Thursday 6:30 pm - 7:15 pm

FEE: Member \$20 General Public \$30

**Minimum Participants: 5**

## YOUTH COED OUTDOOR SOCCER LEAGUE

**Location: YMCA Field** - Summer short field soccer league for youths entering grades K-8 in the fall of 2010. Competition is 6v6, 5v5, or 4v4 depending on grade level.

**Clinics:** Saturday, June 5 & 12 **Games:** Saturday, June 19 - August 14

PreK 3 & 4 Yrs 8:30 am - 9:30 am

Grade K-1 9:30 am - 10:30 am

Grade 2-3 10:30 am - 11:30 am

Grade 4-5 11:30 am - 12:30 pm

Grade 6-8 11:30 am - 12:30 pm

Clinic & Games Times are the Same

FEE: Member \$40 General Public \$60

**Minimum Participants: 2 Teams**

## MIRACLE LEAGUE

**Location: Rotary Miracle Field** - The Johnson Family of Companies Miracle League played at the Rotary Miracle Field is a baseball program for individuals with physical and developmental disabilities ages 3-19 years. It is played on a custom designed synthetic turf field that accommodates wheelchairs and walking assistance devices. The league has three standard rules: Every player hits, every player gets on base, and every player scores. Depending on ability, players hit from a tee or pitched ball. Each player is paired with an able-bodied "volunteer buddy" who assists with batting, running bases and fielding. **For information on registration or volunteering, call 654-9622 ext. 213.**

Clinics: Wednesday, May 19, 26 at 6:00 pm - 7:00 pm

Games: June 2 - July 14 Wednesday at 6:00 pm

FEE: FREE

## MIDDLE SCHOOL BOYS BASKETBALL LEAGUE

**Location: Gym** - Learn the fundamentals of basketball through clinics and league play. For boys interested in developing the skills necessary to make their school teams.

**Clinic:** Sunday, May 16 & 23, 4:00-5:00 pm (all grades 5-8)

**Divisions:** Grades 5 & 6, Grades 7 & 8

**Games:** Sundays, June 6 - August 1

**Playoffs:** August 8

**Game Times:** 5:00 pm, 6:00 pm, 7:00 pm, or 8:00 pm

FEE: Member \$50 General Public \$75

## ADULT COED ULTIMATE FRISBEE

**Location: YMCA Field** - Similar to football, the object of this sport is to score points by passing the disc to a player in the opposing end zone. The difference is that players may not run while holding the disc. Make a team and join in on the fun!

**Games:** Sundays, June 6 - August 1 at 3:00, 4:00 & 5:00 pm

**Registration Deadline:** June 1st

FEE: \$250 per team

**Minimum Participants: 4 teams**

## MIDDLE SCHOOL COED VOLLEYBALL LEAGUE

**Location: Gym** - Learn the fundamentals of volleyball through clinics and league play. For kids interested in developing the skills necessary to make their school/club team.

Taught by Southport Volleyball coaches & players.

**Clinic:** Mon., June 7 & 14 5:30 pm (All Grades 5-8)

**Divisions:** Grades 5 & 6, Grades 7 & 8

**Games:** June 21 - Aug. 16 5:30-6:30 pm

**Game Times:** 6:00 pm, 7:00 pm, or 8:00 pm

FEE: Member \$40 General Public \$60

## HIGH SCHOOL BOYS VOLLEYBALL LEAGUE

**Location: Gym** - Learn the fundamentals of volleyball through clinics and league play.

For boys interested in developing the skills necessary to make their school/club team.

Taught by Southport Volleyball coaches & players.

**Clinic:** Monday, June 7 & 14 7:30 pm (all grades 9-12)

**Divisions:** Grades 9 & 10, Grades 11 & 12

**Games:** Monday, June 21 - Aug. 16 7:30 - 8:30 pm

FEE: Member \$40 General Public \$60

## HIGH SCHOOL GIRLS VOLLEYBALL LEAGUE

**Location: Gym** - Learn the fundamentals of volleyball through clinics and league play.

For girls interested in developing the skills necessary to make their school/club team.

Taught by Southport Volleyball coaches & players.

**Clinic:** Monday, June 7 & 14, 6:30 pm (all grades 9-12)

**Divisions:** Grades 9 & 10, Grades 11 & 12

**Games:** Mondays, June 21 - August 16, 6:30 - 7:30 pm

FEE: Member \$40 General Public \$60

## HIGH SCHOOL BOYS BASKETBALL LEAGUE

**Location: Gym** - Learn the fundamentals of basketball through clinics and league play.

For boys interested in developing the skills necessary to make their school/club team.

**Clinic:** Sunday, May 16 & 23, 5:00-6:00 pm (all grades 9-12)

**Divisions:** Grades 9 & 10, Grades 11 & 12

**Games:** Sundays, June 6 - August 1

**Playoffs:** August 8

**Game Times:** 5:00 pm, 6:00 pm, 7:00 pm, or 8:00 pm

FEE: Member \$50 General Public \$75

## PICK-UP OUTDOOR SOCCER

**Location: YMCA Field** - Recreational, yet competitive outdoor soccer for ages 14 and up. This provides an opportunity to play without a team or a weekly commitment.

**Thursdays 6:00 p.m. - 8:00 p.m.** FEE: FREE

## PICK-UP ADULT VOLLEYBALL LEAGUE

**Location: Gym** - Recreational, yet competitive volleyball for ages 16 & up. Provides an opportunity to play without a team or a weekly commitment.

**Sundays 3:00 p.m. - 5:00 p.m.**

**Minimum Participants: 8**

FEE: Member FREE General Public \$5 per person, per day - \$3 with Student ID

## MEN'S SUMMER FLAG FOOTBALL LEAGUE

**Location: YMCA Field - New USFTL Rules!**

**Registration Deadline:** June 8th

**Games:** Sunday mornings, June 13 - August 1

**Playoffs:** August 8th & 15th

FEE: \$600 per team

**Minimum Participants: 4 teams**

## MEN'S OUTDOOR SOCCER LEAGUE

**Location: YMCA Field**

**Registration Deadline:** June 1st

**Games:** Saturday, June 5 - August 7

**Playoffs:** August 14th

**Game Times:** 12:00 pm - 5:00 pm

FEE: \$350 per team

**Minimum Participants: 4 teams**

## SPRING & SUMMER ADULT COED VOLLEYBALL LEAGUES

**Location: CFB Gym** - Prizes for 1st & 2nd Place.

**Divisions:** Competitive or Recreational

**Registration Deadline:** Spring - April 27. Summer - July 6

**Games:** Tuesday (Spring) - May 1 - July 6 (Summer) - July 13 - Sept. 14

Games played at 6:00, 7:00, 8:00 & 9:00 p.m.

FEE: \$250 per team

**Minimum Participants: 4 teams**

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