

# REGISTRATION INFORMATION

## WINTER REGISTRATION BEGINS:

**Members:** Monday, December 14

**General Public:** Monday, December 21

**WINTER CLASSES BEGIN MONDAY, JANUARY 4**

## SPRING I REGISTRATION BEGINS:

**Members:** Monday, February 15

**General Public:** Monday, February 22

**SPRING I CLASSES BEGIN MONDAY, MARCH 1**

# **CHILD SUPERVISION POLICY**

Parent or guardian must directly supervise children under the age of 10 at all times unless your child is in a Y supervised program. Parents of children between the ages of 10 and 14 must remain in the facility. Children 18 and younger cannot come to the Y on their own until 3:00 p.m. on school days and 1:30 p.m. on days when KUSD is closed. Supervised children may come in at any time.

# Rock Climbing Gym

## OPEN CLIMBING TIMES

During open climb only the Auto Belay System is used. Anyone wishing to use the ropes must pass a Belay Skills Test.

DAYS & TIMES: Thu 5:00 p.m. - 6:00 p.m. Fri 5:00 p.m.-8:00 p.m.  
Thu (Adults only) 6:00 p.m. - 9:00 p.m.  
Sat 10:00 a.m. - 1:00 p.m. Sun 1:00 p.m. - 3:00 p.m.

FEE: Member FREE (Members must show membership card)  
General Public \$9 (Must present receipt to climbing staff.)

## BOY SCOUT AND GIRL SCOUT CLIMBING PROGRAM

This five hour class will cover all of the requirements of the Climbing Merit Badge. Badge requirements include belaying, rappelling, knot tying, rope management and other safety requirements.

Minimum Participants: 4  
Maximum Participants: 12

For dates and times please contact our  
Health & Wellness Department at 654-9622 ext. 205  
FEE: Member \$25 per scout General Public \$35 per scout

## PROGRESSIVE ROCK CLIMBING CLASSES

### MOUNTAINEERS - Beginner - 5-13 years

This is an introduction to the sport of climbing. This class will educate climbers on basic equipment, skills, harness set-up and safety. Participants will use auto belay system and be belayed by instructor throughout the class. Climbers will set goals to achieve by the end of the session. Certification will be issued upon completion.

Minimum Participants: 6  
Maximum Participants: 12

5-7 years Monday 5:00 p.m. - 6:00 p.m.  
8-10 years Monday 6:00 p.m. - 7:00 p.m.  
11-13 years Monday 7:00 p.m. - 8:00 p.m.

FEE: Member \$37 General Public \$74

### BELAYERS - Intermediate - 8 years-adult

Participants will learn the skills needed to become a successful climber and belayer. Focus will be on knot tying, equipment use and set-up, climbing communication/commands and techniques used for proper belaying. Once all requirements are met, climbers will complete a skills test to obtain a certificate of completion. Prerequisite - Mountaineers or skills test option.

8-11 years Tuesday 5:00 p.m. - 6:00 p.m. Minimum Participants: 6  
12-15 years Tuesday 6:00 p.m. - 7:00 p.m. Maximum Participants: 12  
16 years-adult Tuesday 7:00 p.m. - 8:00 p.m.

FEE: Member \$42 General Public \$84 Skills Test Option \$15 +Class Fee

**For complete information call our Health & Wellness Department 262-651-9622 ext. 205**

## 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) **NEW CLASS**

**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

**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!**

### 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

### LITTLE DRAGONS **NEW CLASS**

**Location: Studio A** - This program is for children ages 3-5 and focuses on improving participants' listening, motor skills, and self-control. Participants are introduced to martial arts etiquette, respect and focus. Training touches on basic stances, kicking, blocking, punching and self-defense. They will also learn basic Korean martial arts terms.

Tuesday & Thursday 9:00-10:00 am

FEE: Member \$50 General Public \$100 Minimum Participants: 6  
Maximum Participants: 20

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

## PEE WEE PE (Ages 3-5)

**NEW CLASS**

**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 Sun. 1:00-2:00 pm Ages 4-6 Tues. 4:00-5:00 pm

Ages 7-9 Sun. 2:00-3:00 pm Ages 7-9 Tues. 5:00-6:00 pm

Ages 10-13 Sun. 3:00-4:00 pm Ages 10-13 Tues. 6:00-7:00 pm

FEE: Member \$20 General Public \$30

**Minimum Participants: 5**

## YOUTH COED INDOOR SOCCER LEAGUE - WINTER

**Location: Gym** - Recreational indoor soccer league for boys and girls grades Pre-K to 4th. This program provides youth with the opportunity to learn the fundamentals of soccer through an instructional clinic and game play.

*Clinics and Game Times are the same.*

**Clinics:** Saturday, January 9 & 16

**Games:** Saturday, January 23 - February 27

Pre K (3-4 year olds) 2:00-3:00 pm

Grade K-1 3:00-4:00 pm

Grade 2-4 4:00-5:00 pm

FEE: Member: \$35 Non Member: \$55

## YOUTH COED INDOOR SOCCER LEAGUE - SPRING

**Location: Gym** - Recreational indoor soccer league for boys and girls grades Pre-K to 4th. This program provides youth with the opportunity to learn the fundamentals of soccer through an instructional clinic and game play.

*Clinics and Game Times are the same.*

**Clinics:** Saturday, March 13 & 20

**Games:** Saturday, March 27 - May 8

Pre K (3-4 year olds) 9:00-10:00 am

Grade K-1 10:00-11:00 am

Grade 2-4 11:00 am-12:00 pm

FEE: Member: \$35 Non Member: \$55

## YOUTH COED VOLLEYBALL LEAGUE

**Location: Gym** - Recreational volleyball league for boys and girls grades 3-8. This program provides youth with the opportunity to learn the game of volleyball through an instructional clinic and game play.

**Clinic:** Monday, March 22 & 29, 6:00-7:00 pm (all grades 3-8)

Grades 3 - 5 6:00 p.m. - 7:00 p.m.

Grades 6 - 8 7:00 p.m. - 8:00 p.m.

**Games:** Mondays, April 5 - May 24

FEE: Member \$35 General Public \$55

## 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, January 3 & 10, 4:00-5:00 pm (all grades 5-8)

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

**Games:** Sundays, January 17 - March 7

**Playoffs:** March 14

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

FEE: Member \$50 General Public \$75

## MIDDLE SCHOOL COED INDOOR SOCCER LEAGUE - WINTER

**Location: Gym** - Recreational indoor soccer league for boys and girls grades 5-8. This program provides youth with the opportunity to learn the fundamentals of soccer through an instructional clinic and game play. Advanced skills of soccer are taught with an emphasis on teamwork and good sportsmanship.

**Clinic:** Thursdays, January 7 & 14, 6:00-7:00 pm (all grades 5-8)

**Games:** Thursdays, January 21 - February 25

**Grades:** 5-6 5:00 pm or 6:00 pm

**Grades:** 7-8 5:00 pm or 6:00 pm

FEE: Member \$35 General Public \$55

## MIDDLE SCHOOL COED INDOOR SOCCER LEAGUE - SPRING

**Location: Gym** - Recreational indoor soccer league for boys and girls grades 5-8. This program provides youth with the opportunity to learn the fundamentals of soccer through an instructional clinic and game play. Advanced skills of soccer are taught with an emphasis on teamwork and good sportsmanship.

**Clinic:** Thursdays, March 11 & 18 6:00-7:00 pm (all grades 5-8)

**Games:** Thursdays, March 25 - May 6

**Grades:** 5-6 5:00 pm or 6:00 pm

**Grades:** 7-8 5:00 pm or 6:00 pm

FEE: Member \$35 General Public \$55

## MIDDLE 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 team.

**Clinic:** Monday, January 11 & 18, 6:00-7:00 pm (all grades 5-8)

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

**Games:** Mondays, January 25 - March 15

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

**Clinic:** Sunday, January 3 & 10, 5:00-6:00 pm (all grades 9-12)

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

**Games:** Sundays, January 17 - March 7

**Playoffs:** March 14

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

FEE: Member \$50 General Public \$75

## 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 team.

**Clinic:** Monday, January 11 & 18, 7:00-8:00 pm (all grades 9-12)

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

**Games:** Mondays, January 25 - March 15

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

FEE: Member \$40 General Public \$60

## PICK-UP INDOOR SOCCER

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

**Thursdays 7:00 p.m. - 9:00 p.m.** FEE: \$5 per person, per day - \$3 with Student ID

## 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.** FEE: \$5 per person, per day - \$3 with Student ID

## WOMEN'S VOLLEYBALL LEAGUE

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

**Registration Deadline:** January 6

**Games:** Wednesdays, January 13 - March 10

**Playoffs:** March 17, 24

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

FEE: \$250 per team

**Min. Participants: 4 Teams**

## MEN'S VOLLEYBALL LEAGUE

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

**Registration Deadline:** January 6

**Games:** Wednesday January 13 - March 10

**Playoffs:** March 17, 24

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

FEE: \$250 per team

**Min. Participants: 4 Teams**

## MEN'S FLAG FOOTBALL LEAGUE

Cash Prizes for 1st & 2nd Place.

**Registration Deadline:** Sunday, March 14

**Location: YMCA Field**

Sunday, March 21- May 9

**Game Times:** Sunday mornings

**Playoffs:** May 16, 23

FEE: \$650 per team

**Min. Participants: 5 Teams**

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