



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAMS

PRESCHOOL PROGRAMS

SPORTIES FOR SHORTIES (Ages 4-6)

Calling all parents and preschoolers! Sporties For Shorties is a fun class that helps children improve their motor skills in a fun, non-competitive way. Classes will include basketball, kickball, soccer, hockey, and more! Great first-time activity for your child as they will learn the basic skills and fundamentals of both team/individual sports with a focus on FUN!



Ask about reserving a Birthday Party!

OUTDOOR SOCCER SKILLS (Ages 3-6)

Get in on the action with Soccer Skills! Learn soccer basics like dribbling, passing, shooting and defensive skills. Burn off some energy while making new friends, improving coordination, learning about teamwork and having a BLAST!


*Program will take place at Valley High School Soccer Field (Inside of Running Track— 703 Stevenson Blvd, New Kensington 15068)

AVB - Allegheny Valley Branch | KVB - Kiski Valley Branch | NKB - New Kensington Branch

Class	Branch/Location	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Outdoor Soccer Skills	Valley HS, New Ken	3-6yrs	WED	9/14-10/19	5:00PM	\$30	\$15	\$90
Sporties For Shorties	NKB	3-6yrs	TUES	9/13-10/18	5:15PM	\$30	\$15	\$90
Sporties For Shorties	KVB	3-6yrs	MON	9/12-10/17	5:15PM	\$30	\$15	\$90

YOUTH SPECIAL EVENTS

KRAFTY KIDZ

 Enjoy a fun time while crafting and socializing with other Y youth members! There will be an easy, new craft every time!



BOY'S / GIRL'S NIGHT OUT



Come hang out with other youth members on a Friday night that includes: Crafts, Games, Swimming, PIZZA & MORE!

AVB - Allegheny Valley Branch | KVB - Kiski Valley Branch | NKB - New Kensington Branch

Class	Branch	Age/Grade	Day	Date(s)	Start Time	Y Member	Y Family Member	Non Y Member
Girl's Night Out	NKB	Gr. 1-6	FRI	8/19	5:30PM	\$15	\$15	\$15
Krafty Kidz	NKB	7-15	TBD	TBD	6:00PM	\$10	\$10	\$10
Boy's Night Out	NKB	Gr. 1-6	FRI	9/16	5:30PM	\$15	\$15	\$15

YOUTH SPORTS LEAGUES

FLAG FOOTBALL LEAGUE (Grades PreK-7)

YMCA Flag Football is an exciting sport combining team play and individual skills. YMCA Flag Football promises no try outs, no getting cut and no bench warmers! Every child plays at least half of every game while making friends and learning new techniques. YMCA utilizes volunteer coaches to focus on participation and fun!

DODGEBALL (Grades K-7)

It's DODGEBALL TIME! Join in on the fun as teams compete against each other to become dodgeball legends! We will play as many 5-minute games as we can each week.

OUTDOOR SOCCER SKILLS (Grades K-3)

YMCA Soccer Skills is character driven and kids develop all of their skills, from passing, dribbling, and shooting to teamwork and sportsmanship. Keeping our focus on participation and fun, your child will learn basic soccer skills through fun scrimmages and drills. *Program will take place at Valley High school Soccer Field (Inside of Running Track—703 Stevenson Blvd, New Kensington 15068)



AVB - Allegheny Valley Branch | KVB - Kiski Valley Branch | NKB - New Kensington Branch

Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Flag Football League	AVB	Pre K-7th Grade	SAT	9/10-11/5	9:00AM	\$50	\$25	\$150
Dek Hockey	Memorial Park, NK	4-7yrs	SAT	9/24-10/29	10:00AM	\$28	\$14	\$84
Dek Hockey	Memorial Park, NK	8-12yrs	SAT	9/24-10/29	11:00AM	\$28	\$14	\$84
Dodgeball	NKB	K-3rd Grade	TUES	9/13-10/18	6:00PM	\$28	\$14	\$84
Dodgeball	NKB	4th-7th Grade	TUES	9/13-10/18	7:00PM	\$28	\$14	\$84
Outdoor Soccer Skills	Valley HS, New Ken	K-3rd Grade	WED	9/14-10/21	6:00PM	\$28	\$14	\$84
Drop-In Basketball	NKB	4th-9th Grade	FRI	Every Week!	5:30PM	FREE	FREE	\$5

FALL DEK HOCKEY (Ages 4-12)

This program is all about games and fun! We will mix up teams each week and play as many games as we can each night. Sticks can be provided. Gloves and helmets are not necessary but encouraged!

TAE KWON DO (Ages 7-Adult)

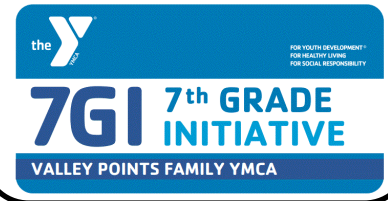
What is Tae Kwon Do? TAE means to jump, kick or smash with the foot. KWON denotes a fist used chiefly to punch or destroy. DO is the Art, method or Way. Tae Kwon Do is a technique of unarmed combat for self-defense involving the skilled application of punches, kicks, blocks, dodges and interceptions with the hands, arms and feet. All skill levels welcome! New session available every month!

KID DANCE (Ages 6-12)

This program is designed to teach our young dancers the basics of several types of dance. Classes will be in four week sessions. Each session will focus on a different dance style.



Check out our 7th Grade Initiative for a year free membership!



AVB - Allegheny Valley Branch | KVB - Kiski Valley Branch | NKB - New Kensington Branch

Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Tae Kwon Do	AVB	7+yrs	MON&THU	8/3-8/29	6:00PM	\$45	\$22.50	\$135
Tae Kwon Do	AVB	7+yrs	MON&THU	9/1-9/26	6:00PM	\$45	\$22.50	\$135
PreK Dance	KVB	3-5yrs	TUES	9/06-9/27	5:15PM	\$20	\$20	\$60
Kid Ballet	KVB	6-12yrs	TUES	9/06-9/27	5:45PM	\$30	\$30	\$90
Teen/Adult Tap	KVB	13+yrs	TUES	9/06-9/27	6:45PM	\$25	\$25	\$75
Teen/Adult Ballet	KVB	13+yrs	TUES	9/06-9/27	7:30PM	\$25	\$25	\$75