



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!



### OUTDOOR PRESCHOOL RUN & FUN (Ages 3-6)

Bring your preschooler out for an evening of fun, exciting games! We will play tag; and other open running games. Your child can enjoy hanging out with other kids in a big, open space

### 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	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Preschool Run & Fun	KVB	3-6yrs	T	5/4-5/25	5:15PM	\$17	\$8.50	\$51
Sporties For Shorties	AVB	3-6yrs	TH	5/6-5/27	4:30PM	\$17	\$8.50	\$51
Outdoor Soccer Skills	NKB	3-6yrs	TH	5/6-5/27	5:15PM	\$17	\$8.50	\$51

## YOUTH DANCE PROGRAMS

### KID DANCE (Ages 6-11)

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.



## 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
Contemporary	KVB	6-11yrs	M	4/5-4/26	5:00PM	\$21	N/A	\$63
Ballet	KVB	6-11yrs	M	5/3-5/24	5:00PM	\$21	N/A	\$63

## YOUTH SPORTS LEAGUES

### 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-6)

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)

### Spring TEEBALL (Ages 3—6)

Grab your glove and let's play ball! This outdoor program will teach young players the fundamentals of the game. Participants will learn how to catch, throw, and bat off of a hitting tee in fun, team atmosphere. Practice one night per week & games on Saturdays.

### LEARN TO PLAY DEK HOCKEY (Ages 4—9)

This program is in partnership with the Pittsburgh Penguins and is the perfect to introduce your child to the sport of hockey. All equipment is included in the cost and yours to keep! Register at: [www.nhl.com/penguins/community/learn-to-play-dek](http://www.nhl.com/penguins/community/learn-to-play-dek)

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Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Spring Teeball	AVB	3-6yrs	SAT	5/1-6/19	9:00AM	\$40	\$20	\$120
L.T.P Dek Hockey	Memorial Park, NK	7-9yrs	SAT	5/22-6/26	9:00AM	\$70	\$70	\$70
L.T.P Dek Hockey	Memorial Park, NK	4-6yrs	SAT	5/22-6/19	10:15AM	\$70	\$70	\$70
Dodgeball	NKB	K-3rd Grade	M	4/26-6/14	5:30PM	\$34	\$17	\$102
Dodgeball	NKB	4th-7th Grade	M	4/26-6/14	6:30PM	\$34	\$17	\$102
Dodgeball	AVB	K-3rd Grade	W	4/28-6/16	5:15PM	\$34	\$17	\$102
Dodgeball	AVB	4th-7th Grade	W	4/28-6/16	6:15PM	\$34	\$17	\$102
Outdoor Soccer Skills	NKB	K-3rd Grade	TH	4/22-5/27	6:00PM	\$28	\$14	\$84
Outdoor Soccer Skills	NKB	3rd-6th Grade	TH	4/22-5/27	7:00PM	\$28	\$14	\$84

## YOUTH LEISURE PROGRAMS

### DRAWING (Ages 7-Adult)

Whether you are just starting out, or have been drawing for years, come join us to work on developing the art of shading, color, and composition. Materials to bring to class: sketch pad (no smaller than 8½x11"), drawing pencils (2B & 4B), manually sharpened charcoal pencils (1 soft and 1 medium), ultra fine point black marker, white eraser, and of course, a fun attitude!

### 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!

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Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Drawing	KVB	7yrs-Up	W	5/5-5/26	4:30PM	\$24	\$12	\$72
Tae Kwon Do	AVB	7yrs-Up	M & TH	5/3-5/27	6:00PM	\$45	\$22.50	\$135