



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!

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!

INTRO TO TEEBALL (Ages 3-6)

This tee-ball introduction teaches baseball and softball fundamentals such as hitting, running, throwing and fielding. Teeball is a perfect activity for preschool-aged boys and girls considering participation in the Spring Tee-ball League.



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
Intro To Teeball	KVB	3-6yrs	T	3/9-3/30	5:15PM	\$17	\$8.50	\$51
Sporties For Shorties	AVB	3-6yrs	TH	3/4-3/25	4:30PM	\$17	\$8.50	\$51
Soccer Skills	NKB	3-6yrs	TH	3/11-4/1	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.



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Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Jazz	KVB	6-11yrs	M	3/1-3/22	5:00PM	\$21	N/A	\$63
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.

INDOOR SOCCER (Grades K-3)

YMCA Indoor Soccer 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.

INDOOR TEEBALL (Ages 3—6)

Grab your glove and let's play ball! This indoor program will teach young players the fundamentals of the game and get them ready for our outdoor Spring League!. Participants will learn how to catch, throw, and bat off of a hitting tee in fun, team atmosphere.

INDOOR "COACH PITCH" BASEBALL (Grades 6-8)

This indoor program is a great "next step" to prepare your child for a future in little league baseball/softball. Fundamentals will be taught and coaches will pitch to players when hitting, but batting tee's will be made available when needed!



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Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Indoor Teeball	AVB	3yrs-6	SAT	3/20-4/24	10:30AM	\$28	\$14	\$84
Indoor Coach-Pitch	AVB	6yrs-8	SAT	3/20-4/24	11:30AM	\$28	\$14	\$84
Dodgeball	NKB	K-3rd Grade	M	3/15-5/3	5:30PM	\$34	\$17	\$102
Dodgeball	NKB	4th-7th Grade	M	3/15-5/3	6:30PM	\$34	\$17	\$102
Dodgeball	AVB	K-3rd Grade	W	4/7-5/26	5:15PM	\$34	\$17	\$102
Dodgeball	AVB	4th-7th Grade	W	4/7-5/26	6:15PM	\$34	\$17	\$102
Indoor Soccer	NKB	K-3rd Grade	TH	3/11-4/15	6:00PM	\$28	\$14	\$84
Indoor Soccer	NKB	3rd-6th Grade	TH	3/11-4/15	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!

KID FIT (Ages 6—10)

Join us for this 30 minute class that keeps kids moving while Teaching them cardio/bodyweight exercises they can do anywhere.

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	3/3-3/24	4:30PM	\$24	\$12	\$72
Tae Kwon Do	AVB	7yrs-Up	M & TH	3/1-3/25	6:00PM	\$45	\$22.50	\$135
Kid Fit	KVB	6yrs-10	TH	3/4-3/25	5:00PM	FREE	FREE	N/A