



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAMS

PRESCHOOL PROGRAMS

SPORTIES FOR SHORTIES (Ages 3-6)

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!

SOCCER SKILLS & DRILLS (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 DEK HOCKEY (Ages 4-6)



This introduction to dek hockey basics will have your child learn sport fundamentals including stick handling, passing, shooting, positions and teamwork. *YMCA will provide equipment for use, however bringing your own stick & helmet is encouraged.

SPRING TEEBALL LEAGUE (Ages 3-6)

Grab your glove and let's play ball! This 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. Participants will need their own glove*

**AVB - Allegheny Valley Branch | KVB - Kiski Valley Branch | NKB - New Kensington Branch
WVELC - West Vandergrift Early Learning Center | MEM—Memorial Park, New Kensington**

Class	Branch/Location	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Sporties For Shorties	AVB	3-6yrs	TUES	4/19-5/24	5:30PM	\$28	\$14	\$84
Sporties For Shorties	KVB	3-6yrs	THUR	4/21-5/26	5:15PM	\$28	\$14	\$84
Soccer Skills	NKB	3-6yrs	THUR	4/14-5/19	5:45PM	\$28	\$14	\$84
Intro to Dek Hockey	MEM	4-7yrs	SAT	4/23-5/28	11:00AM	\$28	\$14	\$84
Spring Teeball League	AVB	3-6yrs	TUE SAT	5/14-6/28	See Registration Form	\$40	\$20	\$120



YOUTH PROGRAMS

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.

SOCCER SKILLS & DRILLS (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.



WEEKNIGHT SPORTS NIGHT (Grades K-6)

This program is perfect for any child who enjoys a variety of sports and recreational games. Participants are taught skills and given the opportunity to participate in soccer, basketball, hockey, while also enjoying favorites such as wiffleball, kickball, and dodgeball.

SPRING DEK HOCKEY (Grades 3-7)

YMCA spring dek hockey is an instructional/recreational hockey program for boys and girls. Instructions on skills, rules, techniques, etc. will be covered during the first two weeks of the program and will be reinforced with games during the session. *YMCA will provide equipment for use, however bringing your own stick & helmet is encouraged.

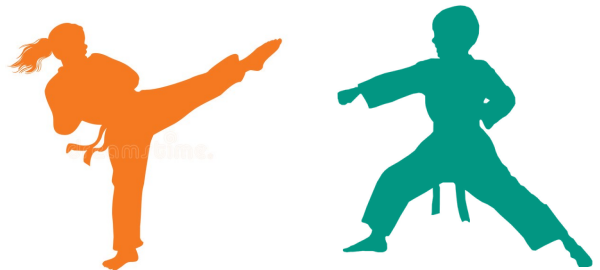
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Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Weeknight Sports Night	KVB	K-2nd Grade	THUR	4/21-5/26	6:00PM	\$28	\$14	\$84
Weeknight Sports Night	KVB	3rd-6th Grade	THUR	4/21-5/26	7:00PM	\$28	\$14	\$84
Dodgeball	NKB	K-3rd Grade	TUES	4/12-5/17	6:00PM	\$28	\$14	\$84
Dodgeball	NKB	4th-7th Grade	TUES	4/12-5/17	7:00PM	\$28	\$14	\$84
Dodgeball	AVB	K-3rd Grade	TUES	4/19-5/24	6:15PM	\$28	\$14	\$84
Dodgeball	AVB	4th-7th Grade	TUES	4/19-5/24	7:15PM	\$28	\$14	\$84
Soccer Skills	NKB	K-3rd Grade	THUR	4/14-5/19	6:45PM	\$28	\$14	\$84
Spring Dek Hockey	MEM	3rd-7th Grade	SAT	4/23-5/28	9:00AM	\$28	\$14	\$84

YOUTHLEISURE PROGRAMS

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!



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Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Tae Kwon Do	AVB	7yrs-Up	MON&THUR	New Class Monthly	6:00PM	\$45	\$22.50	\$135