



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!

FLOOR HOCKEY SKILLS & DRILLS (Ages 4-6)

This program is all about fun! It will be a combination of introductory drills and games. All equipment will be provided, but feel free to bring your own.

INDOOR 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!

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
Hockey Skills & Drills	NKB	4-6yrs	TUE	11/16-12/21	6:00PM	\$28	\$14	\$84
Sporties For Shorties	AVB	3-6yrs	WED	11/17-12/29 <i>*No class 11/24*</i>	5:30PM	\$28	\$14	\$84
Indoor Soccer Skills	NKB	3-6yrs	WED	11/17-12/29 <i>*No class 11/24*</i>	5:45PM	\$28	\$14	\$84

YOUTH PROGRAMS

BASKETBALL SKILLS & DRILLS (Grades K-6)

This class will work on the basics: dribbling, passing and shooting! Each week we will concentrate on a specific skill and play games to enhance each one!

YOUTH BASKETBALL LEAGUE (Grades K-7)

This 3 on 3 co-ed league teaches basketball fundamentals and provides team experience. League practice on Wednesday evenings with games played on Saturday mornings.

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 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.

FLOOR HOCKEY SKILLS & DRILLS (Ages 7-9)

This class will teach fundamental skills of Hockey which include; rules, stick handling, passing, shooting, and positioning.

A hockey stick and helmet will be provided but we encourage you to bring your own equipment if you have it!

JR. PENGUINS FLOOR HOCKEY LEAGUE (Grades K-7)

This program will consist of practice, games, and fun! Kids will learn the basics of hockey, such as shooting, passing, stick-handling, defense and goalie play. Every player will get their own Junior Pens team shirt as well. A hockey stick and helmet will be provided but we encourage you to bring your own equipment if you have it!



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Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Basketball Skills & Drills	AVB	K-2nd Grade	TUE	11/16-12/21	6:00PM	\$28	\$14	\$84
Basketball Skills & Drills	AVB	3-6th Grade	TUE	11/16-12/21	7:00PM	\$28	\$14	\$84
Youth Basketball League	AVB	K-7th Grade	TUE SAT	1/18-3/12	See registration form	\$40	\$20	\$120
Hockey Skills & Drills	NKB	7-9yrs	TUE	11/16-12/21	7:00PM	\$28	\$14	\$84
Jr. Penguins Floor Hockey League	AVB	K-7th Grade	SAT	11/20-1/15	See registration form	\$35	\$17	\$105
Dodgeball	NKB	K-3rd Grade	MON	11/22-12/27	6:00PM	\$28	\$14	\$84
Dodgeball	NKB	4th-7th Grade	MON	11/22-12/27	7:00PM	\$28	\$14	\$84
Dodgeball	AVB	K-3rd Grade	WED	11/17-12/29 *No class 11/24*	6:15PM	\$28	\$14	\$84
Dodgeball	AVB	4th-7th Grade	WED	11/17-12/29 *No class 11/24*	7:15PM	\$28	\$14	\$84
Indoor Soccer Skills	NKB	K-3rd Grade	WED	11/17-12/29 *No class 11/24*	6:45PM	\$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 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.

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
Drawing	KVB	7yrs-Up	WED	11/3-11/24	4:30PM	\$24	\$12	\$72
Tae Kwon Do	AVB	7yrs-Up	MON&THU	New Class Monthly	6:00PM	\$45	\$22.50	\$135
Kid Dance: Tap	KVB	6-12yrs	TUE	11/2-12/21	5:45PM	\$21	N/A	\$63