



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!



### PRESCHOOL DEK HOCKEY (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.

### 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
Dek Hockey	Memorial Park, NK	4-6yrs	TUE	9/14-10/19	5:30PM	\$28	\$14	\$84
Outdoor Soccer Skills	Valley HS, New Ken	3-6yrs	WED	9/15-10/20	5:00PM	\$28	\$14	\$84
Sporties For Shorties	AVB	3-6yrs	THU	9/16-10/21	4:30PM	\$28	\$14	\$84

## YOUTH DANCE PROGRAMS

### 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.



## 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
Ballet	KVB	6-12yrs	TUE	9/7-10/26	5:45PM	\$21	N/A	\$63
Tap	KVB	6-12yrs	TUE	11/2-12/21	5:45PM	\$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.

### FALL DEK HOCKEY (Ages 7—9)

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. All equipment will be provided.

### 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)but feel free to bring your own.

## 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	9/11-11/6	9:00AM	\$50	\$25	\$150
Dek Hockey	Memorial Park, NK	7-9yrs	TUE	9/14-10/19	6:30PM	\$28	\$14	\$84
Dodgeball	NKB	K-3rd Grade	MON	9/13-10/18	5:30PM	\$28	\$14	\$84
Dodgeball	NKB	4th-7th Grade	MON	9/13-10/18	6:30PM	\$28	\$14	\$84
Dodgeball	AVB	K-3rd Grade	THU	9/16-10/21	5:15PM	\$28	\$14	\$84
Dodgeball	AVB	4th-7th Grade	THU	9/16-10/21	6:15PM	\$28	\$14	\$84
Outdoor Soccer Skills	Valley HS, New Ken	K-3rd Grade	WED	9/15-10/20	5:45PM	\$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!



### 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!

## 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
Drawing	KVB	7yrs-Up	WED	9/8-9/29	4:30PM	\$24	\$12	\$72
Tae Kwon Do	AVB	7yrs-Up	MON&THU	9/2-9/30	6:00PM	\$45	\$22.50	\$135