



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	2/2-2/23	5:15PM	\$17	\$8.50	\$51
Sporties For Shorties	AVB	3-6yrs	TH	2/4-2/25	4:30PM	\$17	\$8.50	\$51
Soccer Skills	NKB	3-6yrs	TH	2/4-2/25	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
Hip Hop	KVB	6-11yrs	M	2/1-2/22	5:00PM	\$21	N/A	\$63
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 team-work and sportsmanship. Keeping our focus on participation and fun, your child will learn basic soccer skills through fun scrimmages and drills.

YOUTH BASKETBALL LEAGUE (Grades K-7)

This co-ed league teaches basketball fundamentals and provides team experience. Games will be played on Saturdays, with open gym time available to practice skills.

JUNIOR PENGUINS FLOOR HOCKEY (Grades K-7)

The YMCA Junior Penguins program is a long-standing youth initiative of the Penguins organization, created as a way to introduce the great sport of hockey to new participants, teach fundamental skills and promote the value of exercise.

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Class	Branch	Age/Grade	Day	Dates	Start Time	Y Member	Y Family Member	Non Y Member
Basketball	AVB	K-2nd	T & TH	1/26-3/16	5:30PM	\$40	\$20	\$120
Basketball	AVB	3-4th	T & TH	1/26-3/16	6:30PM	\$40	\$20	\$120
Basketball	AVB	5-7th	T & TH	1/26-3/16	7:30PM	\$40	\$20	\$120
Floor Hockey	AVB	K-2nd	SAT	2/6/-3/27	9:00AM	\$40	\$20	\$120
Floor Hockey	AVB	3-4th	SAT	2/6-3/27	10:15AM	\$40	\$20	\$120
Floor Hockey	AVB	5-7th	SAT	2/6-3/27	11:15AM	\$40	\$20	\$120
Dodgeball	NKB	K-3rd	M	2/1-3/22	5:30PM	\$34	\$17	\$102
Dodgeball	NKB	4th-7th	M	2/1-3/22	6:30PM	\$34	\$17	\$102
Dodgeball	AVB	K-3rd	W	2/3-3/24	5:15PM	\$34	\$17	\$102
Dodgeball	AVB	4th-7th	W	2/3-3/24	6:15PM	\$34	\$17	\$102
Indoor Soccer	NKB	K-3	TH	2/4-3/25	6:00PM	\$34	\$17	\$102
Indoor Soccer	NKB	3-6	TH	2/4-3/25	7:00PM	\$34	\$17	\$102

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	2/1-2/25	6:00PM	\$45	\$22.50	\$135
Kid Fit	KVB	6yrs-10	TH	2/4-2/25	5:00PM	FREE	FREE	N/A

Valley Points Family YMCA January—March 2021 *UPDATED 1.21.21*

*This is a working document and is subject to change