



**WE'RE HERE  
FOR YOUTH**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOUTH WINTER SPORTS

### Itty Bitty Sports

Members: \$25 / Non-members: \$35

AGES 3 & 4. Providing opportunities for the littlest members of your family, this program is an introduction to sports. Parent participation is needed. For boys and girls.

**Soccer** Jan. 17 - Feb. 7 YMCA  
Saturday mornings.

**Basketball** Feb. 14 - Mar. 7 YMCA  
Saturday mornings.

**Wiffle Ball** Mar. 14 - Apr. 11 YMCA  
Saturday mornings.

**Mighty Mite Basketball**  
Members: \$30 / Non-members: \$40 Jan. 17 - Feb. 14 YMCA  
Saturday mornings.  
Boys K-1: 9:00-9:50 am  
Girls K-1: 10:00-10:50 am  
Boys K-1: 11:00-11:50 am

**Youth Volleyball**  
Members: \$30 / Non-members: \$40 Jan. 22 - Feb. 19 YMCA  
Thursdays: 6:45 pm

**Indoor Soccer**  
Members: \$30 / Non-members: \$40 Feb. 21 - Mar. 21 YMCA  
Boys and girls. Saturdays.  
(Age 4-K): 9:00-9:50 am  
(Gr 1-4): 10:00-10:50 am

**Floor Hockey**  
Members: \$30 / Non-members: \$40 Feb. 21 - Mar. 21 YMCA  
Boys and girls. Saturdays.  
(Gr 1-4): 11:00-11:50 am

**Boys Youth Basketball**   
Members: \$60 / Non-members: \$80  
Tuesday/Thursday/Saturday  
Gr. 2-6  
Deadline to enroll: January 12  
Times: TBA  
Jan. 17 - Mar. 12  
Various Locations

## YOUTH FITNESS

### SPARK™ KIDS FITNESS

You can get your class or personal workout in while your children participate in a class just for them! This program focuses on active participation and practice to improve youth fitness, skills, enjoyment of physical activity, teamwork and more. For ages approx. 8-12.  
**Monday/Wednesday, 5:25-6:45 p.m. Free to Y/Choice members.**

### BABY FIT

Class features strength and cardio training involving your baby. Who needs dumbbells! Many exercises such as chest presses can be done using your baby for resistance - and your child will love it!  
**Wednesdays, 10:00 a.m. Free to Y/Choice members.**



[www.gfymca.org](http://www.gfymca.org)  
(701) 775-2586

## TOURNAMENTS

### 3 on 3 Basketball Tourney

December 6 Grades 3-8 \$80

### 5 on 5 Basketball Tourney

January 10 Grades 3&4 \$135

January 11 Grades 5&6 \$135

March 14 Grades 3-8 \$135

### Dodgeball Tourney

December 13 Grades 5-8 \$80



## YOUTH DEVELOPMENT

### Parents Night Off... Kids Night In!

Nov. 29 / Dec. 6, 13, 20 ~ 6:00 - 10:00 pm ~ \$20/child

Drop the kids off for a fun night at the YMCA! We will have gym games, crafts and movie time (a snack will be provided). Registration is required.

### Birthday Parties

Activities: Zumba Kids, Basketball, Floor Hockey, Parachute Play, and more!! CAKE, ICE CREAM AND DRINKS INCLUDED!

**2-Hour Gym & Swim (ages 7+):**

Members \$105/Non-members \$125

**1 1/2 Hour Party (all ages)**

Members \$95/Non-members \$105



### Progressive Youth Swim Lessons

For Ages 5 years and older. Members \$55/Non-Members \$65

Session Dates: December 1 - 11, 2014

## M.A.S.H.

### Marvelous After School Hours

Grades K-5

As a part of the Y's youth development focus, this program is designed to meet the educational and recreational needs of growing children. We create a safe, structured environment under the supervision of caring adult staff who serve as role models for your child. Children are given activity choices where they can make friends, learn, play and thrive.

**For details, contact the Y.**