

# FOR YOUTH DEVELOPMENT

Though the world may be unpredictable, one thing remains certain – the Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, fam-

## Y SPORTS

**September:** Mighty Mite Basketball, Itty Bitty Soccer, Flag Football, Volleyball, TaeKwonDo.

**October:** Girls Basketball, Mighty Mite Basketball, Itty Bitty Basketball, TaeKwonDo.

**November:** Indoor Soccer, Happy Feet Soccer, Itty Bitty Basketball, Floor Hockey, TaeKwonDo.

**January:** Youth Basketball Tournament Boys Basketball, Mighty Mite Basketball, Itty Bitty Soccer, Youth Volleyball, TaeKwonDo.

**February:** Floor Hockey, Soccer, TaeKwonDo, Itty Bitty Basketball.

**March:** Mighty Mite Basketball, Itty Bitty Whiffleball, Volleyball, TaeKwonDo.

When you sign up for our Y Youth Sports, you learn the basics, improve your skills and make new friends! Here at the Y, we make sure that every child gets to play and that our games are



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HAVING FUN AS A TEAM



**Youth Sports Winter/Spring 2015**  
**Altru Family YMCA**

## Itty Bitty Sports

Providing opportunities for the littlest members of your family.

Introduction to sports.

Boys & Girls Ages 3-4

\*Parent participation is required.\*

**Soccer** Jan 17-Feb 7 (4 wks)

Saturdays 9:00-9:40 am

9:50-10:30 am

Tuesdays April 21-May 12

6:00-6:40 pm (Bringwatt Park)

**Basketball** Feb 14-March 7

Saturdays 9:00-9:40 am

9:50-10:30 am

**Whiffle Ball** March 14-April 11

Saturdays 9:00-9:40 am

9:50-10:30 am

\$30/Members \$40/Participant

## Floor Hockey

Boys & Girls Saturdays

Feb 21-March 21

Grade 1-4 11:00-11:50

\$40/Members \$50/Participants

## Indoor Soccer

Boys & Girls Saturdays

Feb 21-March 21

Age 4-K 9:00-9:50

Grade 1-4 10:00-10:50

\$40/Members \$50/Participants

Volunteer Coaches Needed!  
For Information call 775-2586

## Mighty Mite Basketball

Boys & Girls K & 1

Boys: Saturday: 9:00-9:50 or

11:00-11:50

Girls: Saturday 10:00-10:50

\$40/Members \$50/Participant

### Sessions

Jan 17-Feb 14 & March 28-May 2

## Youth Volleyball

Boys & Girls Thursday Nights

Jan 22-Feb 19

Grade 4/5/6 6:45-7:45 pm

\$40/Members \$50/Participant

## TaeKwondo

Tuesdays 6:30-8:00 Ages 5-Adult

\$40/Members \$50/Participant

## T-Ball (Ages 5-6)

Boys & Girls Saturdays

April 18-May 16

11:00-11:50 Apollo Park

\$40/Members \$50/Participants

## More Information

Youth Sport Jerseys are needed for MM Basketball, Flag Football, Soccer, and Floor Hockey.

Most Saturday sports consist of

1/2 skill practice and 1/2 game.

Scholarships are available for these

youth sports, forms must

be filled out and returned for

approval. For information call

775-2586.

# MAKE A DIFFERENCE! VOLUNTEER

The generosity of others is at the heart of the Y's existence as a nonprofit. It is only because of the support of volunteers and donors that we are able to support and give back to our community. Our YMCA's Youth Sports Program is looking for volunteer coaches and depend on them for the success of our programs. Please check below if you are interested or

## YMCA Youth Sports Registration Form Winter/Spring 2015

Return this form with payment in full (including program and membership fees) to YMCA at P.O. Box 13177, Grand Forks, ND 58208 Phone: 701.775-2586

\_\_\_\_\_  
Player's Name

\_\_\_\_\_  
Birth Date

\_\_\_\_\_  
Gender

\_\_\_\_\_  
Grade

\_\_\_\_\_  
School

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Phone #

\_\_\_\_\_  
Email

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

### Session:

Circle Which Sport Registering for

**TaeKwonDo** (Jan) (Feb) (March) (April) (May)

**Mighty Mite Basketball** (Jan 17-Feb 14) (March 28-May 2)

**Floor Hockey** (Feb 21-March 21)

**Indoor Soccer** (Feb 21-March 21)

**Youth Volleyball** (Jan 22-Feb 19)

**T-Ball** (April 18-May 16)

**Itty Bitty Sports** (Soccer-Jan) (Soccer-April) (Basketball-Feb) (Whiffleball-March)

I agree that I and/or my child will cooperate and conform with the directions and instructions of the volunteers and staff involved in the program. I hereby give the YMCA permission to use their judgment in obtaining medical service for myself and/or my child.

Parent or Guardian \_\_\_\_\_

## I am interested in being a Volunteer Coach

Name \_\_\_\_\_ Phone \_\_\_\_\_



**Scholarships** made available through contributions from Partner of Youth, the United Way and the Ulland Grant.