

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, families and communities.

FALL/WINTER SPORTS

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

October: Girls Basketball (Grades 2-6), Mighty Mite Basketball, Itty Bitty Basketball, Taekwondo, Floor Hockey, Indoor Soccer and Happy Feet Soccer.

November: Itty Bitty Basketball, Taekwondo.

December: 3 on 3 Basketball Tournament, Taekwondo.

Coming in January: Youth Basketball Tournament (Grade 3-6), Boys (YBL) Basketball (Grades 2-6), Mighty Mite Basketball, Itty Bitty Soccer, 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 Fall/Winter 2016
Altru Family YMCA

Flag Football

Sept 10-Oct 8 At Ulland Park
Grades 2-4 11:00-11:50
Grades K-1 12:00-12:50

Itty Bitty Sports

Providing opportunities for the littlest members of you family. Introduction to sports. Parent participation is needed. Boys & Girls Ages 3-4 (Sessions also Jan, Feb, March, April)

Soccer Aug 31-Sept 21 (4 wks)

Wednesday Nights
5:30-6:10 or 6:20-7:00

At YMCA (Registration Limited)

Basketball Oct 1-Oct 22 (4 wks)

Oct 29-Nov 19

Saturdays 9:00-9:40 am
9:45-10:25

Floor Hockey

Boys & Girls Saturdays
Oct. 22-Nov. 19
Grade K-4 11:00-11:50 am
(Also Session in February)

Soccer

Boys & Girls Saturdays
Oct. 22-Nov. 19
Happy Feet: Ages 4-K 9:00-9:50
Indoor: Grades 1-4 10:00-10:50
(Also Session in February)

Mighty Mite Basketball

Sessions also in Jan & March
Sept. 17-Oct. 15

Boys: Saturday: **K-1st 9:00-9:50**

Girls: Saturday: **K-1st 10:00-10:50**

Oct. 22-Nov 19

Boys K & 1 10:30-11:20

Girls K & 1 11:30-12:20

Coed Volleyball

Boys & Girls Saturdays

Sept 17-Oct 15

(Also Session in April)

Grade 2 & 3 10:40am- 11:30am

Grade 4/5/6 11:40am- 12:30pm

Basketball Tournament (3 on 3)

Boys & Girls Grade 3-8
Dec 10 Team Fee: \$80
Deadline: November 29
(Register after 10/3/16)

TaeKwondo

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



Girls Youth Basketball (YBL) Gr 2-6
Starts Oct 15th. Look for registration forms at www.gfymca.org.

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.

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 contact Darryl 775-2586.

YMCA Youth Sports Registration Form Fall/Winter 2016

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	(Sept) (Oct) (Nov) (Dec)	Mem \$40 Non \$50
Flag Football	(Sept 10-Oct 8)	Mem \$40 Non \$50
Mighty Mite Basketball	(Sept 17-Oct 15) (Oct 22-Nov 19)	Mem \$40 Non \$50
Coed Volleyball	(Sept 17-Oct 15)	Mem \$40 Non \$50
Itty Bitty Sports (Soccer)	(Aug 31-Sept 21)	Mem \$30 Non \$40
	(Basketball) (Oct 1-22) (Oct 29-Nov 19)	
Floor Hockey	(Oct. 22-Nov. 19)	Mem \$40 Non \$50
Happy Feet Soccer	(Oct. 22-Nov. 19)	Mem \$40 Non \$50
Indoor Soccer	(Oct. 22-Nov. 19)	Mem \$40 Non \$50

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 _____

Can you be a Volunteer Coach?

Name: _____ PH# _____



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