

# 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.

**April:** 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 2017**  
**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 14-Feb 4 (4 wks)

Saturdays 9:00-9:40 am  
9:50-10:30 am

Wednesdays April 26-May 17  
(At YMCA) 5:30-6:10 pm  
6:20-7:00 pm

### **Basketball** -Feb 11-March 4

Saturdays 9:00-9:40 am  
9:50-10:30 am

### **Whiffle Ball** -April 1-29

Saturdays 9:00-9:40 am  
9:50-10:30

\$30/Members \$40/Participant

### **Floor Hockey**

Boys & Girls Saturdays  
Feb 18-March 25

Grade 1-4 11:00-11:50

\$40/Members \$50/Participants

### **Indoor Soccer**

Boys & Girls Saturdays  
Feb 18-March 25

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 14-Feb 11 & April 1-May 6

## Youth Volleyball

Boys & Girls April 1-May 6  
Grade 2-6 11:10-12:00

\$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 1-May 6

11:00-11:50 YMCA

\$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 2017

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 14-Feb 11) (April 1-May 6) 9:00, 10:00, 11:00

**Floor Hockey** (Feb 18-March 25)

**Indoor Soccer** (Feb 18-March 25)

**Youth Volleyball** (April 1-May 6)

**T-Ball** (April 1-May 6)

**Itty Bitty Sports** (Soccer-Jan) (Soccer-April) (Basketball-Feb) (Whiffleball-April)  
5:30 or 6:20 9:00 or 9:50

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 \_\_\_\_\_

## I am interested in being a Volunteer Coach

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



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