

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, and Taekwondo.

October: Girls Basketball, Mighty Mite Basketball, Itty Bitty Basketball, Dodgeball and Taekwondo.

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

Coming in January: Youth Basketball Tournament (Grade 3-6), Boys Basketball, Mighty Mite Basketball, Itty Bitty Soccer and 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 safe, fair and most of all, fun.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVING FUN AS A TEAM



Youth Sports Fall 2017
Altru Family YMCA

Flag Football

Sept 16-Oct 14 Ulland Park
Grades K-4th 12:00-12:50
\$40/Members \$50/Non Mem



Mighty Mite Basketball

Sept 16-Oct 14 or Oct 21-Nov 18
Boys K & 1 - 9:00-9:50
Girls K & 1 10:00-10:50
\$40/Members \$50/Participant
(Sessions in Jan, March and April)

Soccer

Boys & Girls Saturdays
Oct 21-Nov 18
(Also Session in February)
Happy Feet: Ages 4-K - 10:40-10:30
Indoor: Grades 1-4 - 11:40-12:30
\$40/Members \$50/Participant

Dodgeball

Boys & Girls Saturdays
Oct 21-Nov 18
Grade 5-6 11:00-11:50 p.m.
\$40/Members \$50/Participant

Itty Bitty Sports

Providing opportunities for the
littlest members of you family.
Introduction to sports.
Parent participation is needed.
Boys & Girls Ages 3-4
\$30/Members \$40/Non Mem
(Sessions also Jan - Aug)

Soccer Sept 6-27 (4 wks)
Wednesday Nights

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

Basketball Sept 30-Oct 21
Oct 28-Nov 18

Saturdays Mornings
9:00-9:40 or 9:50-10:30

TaeKwondo

Tuesdays 6:30-8:00 Ages 5-Adult
(Sessions each month)

Free Girls Basketball Clinic

At YMCA Tuesday, October 17
Grade 2 & 3 5:30-6:30
Grade 4/5/6 6:45-7:45
(Girls YBL starts October 24)

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 Fall/Winter 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 Dates/Sports

TaeKwonDo (Sept) (Oct) (Nov) (Dec)

Flag Football (Sept 16-Oct 14)

Mighty Mite Basketball (Sept 16-Oct 14) (Oct 21-Nov 18)

Dodgeball (Oct 21-Nov 18)

Itty Bitty Sports (Soccer) (Sept 6-27)
(Basketball) (Sept 30-Oct 21) (Oct 28-Nov 18)

Happy Feet Soccer (Oct 21-Nov 18)

Indoor Soccer (Oct 21-Nov 18)

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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