

# 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.

## 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 and TaeKwonDo.

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

**April:** Mighty Mite Basketball, Itty Bitty Whiffleball, Itty Bitty Soccer, Volleyball, 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 Winter/Spring 2018**  
**Altru Family YMCA**

## Itty Bitty Sports

Providing opportunities for the littlest members of you family.

Introduction to sports.

Boys & Girls Ages 3-4

\*Parent participation is required.\*

**Soccer** -Jan 13-Feb 3 (4 wks)

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

Wednesdays May 2-May 23

(At YMCA) 5:30-6:10 pm  
6:20-7:00 pm

**Basketball** -Feb 10-March 10  
(No Class Feb 24)

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

**Whiffle Ball** -April 7-28

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

## Floor Hockey

Boys & Girls Saturdays

Feb 17-March 24 (No 3/17)

Grade 1-4 11:00-11:50am

\$40/Members \$50/Participants

## Indoor Soccer

Boys & Girls Saturdays

Feb 17-March 24 (No 3/17)

Grade K-4 10:00-10:50am

\$40/Members \$50/Participants

Volunteer Coaches Needed!  
For Information call 775-2586

## Mighty Mite Basketball

Jan 13-Feb 10

Boys & Girls K & 1 (Saturdays)

**Boys** 9:00-9:50am or  
11:00-11:50am

**Girls** 10:00-10:50am

April 7-May 5

**Boys** 9:00-9:50am

**Girls** 10:00-10:50am

\$40/Members \$50/Participant

## Youth Volleyball

Boys & Girls April 7-May 5

Grade 2-6 11:10am-12:00pm

\$40/Members \$50/Participant

## TaeKwondo

Tuesdays 6:30-7:15pm Ages 5-7

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

Age 5-7 -\$20/Members \$25/Participant

Age 8-Adult -\$40/Members  
\$50/Participant

## 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 2018

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 13-Feb 3) (April 7-May 5) 9:00, 10:00, 11:00

**Floor Hockey** (Feb 17-Mach 24) (No March 17)

**Indoor Soccer** (Feb 17-March 24) (No March 17)

**Youth Volleyball** (April 7-May 6)

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

9:00 or 9:50

5:30 or 6:20

9:00 or 9:50

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 \_\_\_\_\_



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