

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, Itty Bitty Basketball, Flag Football, and Taekwondo.

October: Girls Basketball, Mighty Mite Basketball, Itty Bitty Basketball, Indoor Soccer, 3 on 3 Basketball Tournament and Taekwondo.

November: Indoor Soccer, Mighty Mite Basketball, Itty Bitty Basketball, Girls Basketball and 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 2018
Altru Family YMCA

Flag Football

Sept 8-Oct 6 Ulland Park #12
Grades K-4th 11:00-11:50
\$40/Members \$50/Non Mem



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 5-26 (4 wks)

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

Basketball Sept 22-Oct 13
Oct 27-Nov 17

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

TaeKwondo

Ages 5-7 6:30-7:15
\$20/Members \$25/Non Mem
Ages 8-Adult 6:30-8:00
\$40/Members \$50/Non Mem

(Fee is per month)
(Tuesday Nights Starting Sept 4)

Mighty Mite Basketball

Sept 8-Oct 6
Boys & Girls K & 1 - 9:00-9:50
Oct 13-Nov 17 (No MM on 10/20)
Girls K & 1 10:00-10:50
Boys K & 1 11:00-11:50
\$40/Members \$50/Non Mem

Soccer

Boys & Girls Saturdays
Oct 13-Nov 17 (No Soccer 10/20)
(Also Session in February)
Age 4-Grade 4 9:00-9:40
\$40/Members \$50/Participant

Free
Girls Basketball Clinic
At YMCA Tuesday, October 16
Grade 2 & 3 5:30-6:30
Grade 4/5/6 6:45-7:45
(Girls YBL starts October 23)

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 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 Dates/Sports
TaeKwonDo (Sept) (Oct) (Nov) (Dec) - Age 5-7 or 8-Adult

Flag Football (Sept 8-Oct 6)

Mighty Mite Basketball (Sept 8-Oct 6) (Oct 13-Nov 17 - No MM on 10/20)

Itty Bitty Sports (Soccer) (Sept 5-26)
(Basketball) (Sept 22-Oct 13) (Oct 27-Nov 17)

Indoor Soccer (Oct 13-Nov 17 - No Soccer 10/20)

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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