

# 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, Tae Kwondo.

**October:** Girls Basketball, Mighty Mite Basketball, Itty Bitty Basketball, Tae Kwondo.

**November:** Indoor Soccer, Happy Feet Soccer, Itty Bitty Basketball, Tae Kwondo.

**January:** Youth Basketball Tournament, Boys Basketball (YBL), Mighty Mite Basketball, Itty Bitty Soccer and Tae Kwondo.

**February:** Benchwarmer Basketball, Soccer, Tae Kwondo, Itty Bitty Basketball.

**March/April/May** Mighty Mite Basketball, Itty Bitty Whiffleball, Itty Bitty Soccer, Volleyball, and Tae Kwondo.

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 2019**  
**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 12-Feb 2 (4 wks)

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

Wednesdays April 24-May 15

(Bringwatt) 5:30-6:10 pm  
Park) 6:20-7:00 pm

### **Basketball** -Feb 9-March 9

(No Class Feb 23)

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

### **Whiffle Ball** -March 16-April 13

(No Class March 23)

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

## Benchwarmer Basketball

Feb 16-March 16

Grade 2-6

Girls 10:00-10:50am

Boys 11:00-11:50am

\$40/Members \$50/Participants

## Indoor Soccer

Boys & Girls Saturdays

Feb 16-March 16

Grade K-4 9:00-9:50am

\$40/Members \$50/Participants

## Mighty Mite Basketball

Jan 12-Feb 9

Boys & Girls K & 1 (Saturdays)

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

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

March 30-April 27

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

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

\$40/Members \$50/Participant

**Volunteer Coaches Needed!**  
For Information call 775-2586

## Youth Volleyball

Boys & Girls March 30-April 27

Grade 2-6 11:00-11:50

\$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 contact Darryl Marek for more information. <http://training.ymca.net/>

## YMCA Youth Sports Registration Form Winter/Spring 2019

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 12-Feb 9) (March 30-April 27) 9:00, 10:00, 11:00

**Benchwarmer Basketball** (Feb 16-March 16) 10:00. 11:00

**Indoor Soccer** (Feb 16-March 16) 9:00

**Youth Volleyball** (March 30-April 27) 11:00

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

## I am interested in being a Volunteer Coach

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



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