



YOUTH SPORTS 701-775-2586 • www.gfymca.org

ITTY BITTY SPORTS

AGE 3-4
 Saturdays 9:30 - 10:10 am
 Mem \$30 / Non-M \$40

ITTY BITTY BASKETBALL

Jan 23 - Feb 13

ITTY BITTY SOCCER

Feb 20 - March 13

ITTY BITTY WHIFFLEBALL

March 27 - April 17



Contact Darryl Marek.

MIGHTY MITE BASKETBALL

Grade K & 1 • Saturdays
 Girls: 9:00 - 9:50 am
 Boys: 10:00 - 10:50 am
 Jan 23 - Feb 20
 Mem \$40 / Non-M \$50

BENCHWARMER BASKETBALL

Grade 2-6 / Girls & Boys
 Saturdays - 11:00 - 11:50 am
 Jan 23 - Feb 20
 Mem \$40 / Non-M \$50

BOYS YOUTH BASKETBALL

Grade 2-6
 Tuesdays & Thursdays
 Grade 2 & 3: 6:00-7:00 pm
 Grade 4, 5 & 6: 7:15 - 8:15 pm
 Jan 26 - March 4
 Mem \$55 / Non-M \$65

INDOOR SOCCER

Grade K-3 • Saturdays
 Girls & Boys
 Feb 27 - April 3 (no Mar 20)
 10:30 - 11:20 am
 Mem \$40 / Non-M \$50

KARATE

Youth (age 5 - 12)
 Wednesday: 6:00 - 7:00 pm
 Saturday: 10:00 - 11:00 am

Adult/Teen (age 13+)

Wednesday: 7:15 - 8:45 pm
 Saturday: 11:15 am - 1:30 pm
 Mem \$25 / Non-M \$30

SPORTS ACADEMIES

BASKETBALL, VOLLEYBALL AND FOOTBALL ACADEMIES

We are pleased to offer individual and group Sports Specific Training sessions for Basketball and Volleyball led by Stephanie McWilliams! Football Academy is coached by Kyle Myers and Adam Sorum. Email or call the Y for details.

JANUARY FOOTBALL ACADEMY

Offensive & Defensive Line
 January 10 - 31
 Sundays: 1:00-2:15 pm



HOMESCHOOL PE

We offer physical education for youth who are learning outside of the traditional classroom.

2:00 - 3:00 pm
 Wednesdays
 Contact Jimmy Rawl.



LIFE JACKET CHECK-OUT

Life jackets are available for check-out at no charge. Sizes infant to 90# and above. Call for details.

701-775-2586 • www.gfymca.org **SWIM LESSONS**

GROUP SWIM LESSONS

All age groups are taught the same skills but are divided according to their developmental milestones. Visit our web site for more information and to select the appropriate level for your swimmer.

Sessions start January 16.

Levels 1-3: Ages 3-5 / Levels 1-6: Ages 6-12

Tuesday/Thursday Sessions

4:40, 5:20, 6:00 pm
 1/19 - 2/11
 2/16 - 3/11
 3/23 - 4/15
 4/20 - 5/6
 Mem \$66 / Non-M \$98

Saturday Sessions

10:00, 10:40, 11:20 am
 1/16 - 3/6
 4/10 - 5/8
 Mem \$66 / Non-M \$98

Levels 1 - 6 Include: Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics.

ADAPTIVE LESSONS

In cooperation with area public schools, we are able to provide opportunities for children with special needs to participate in basic swimming skills, fitness activities and games, pool entries/exits and water adjustment. Check with your child's school for availability during school hours.

Session Start Dates

1/19 • 2/16 • 3/23 • 4/20

PRIVATE LESSONS

Private and semi-private lessons are available.

Start January 13

Contact Jimmy Rawl

