



**FALL IS
FANTASTIC
AT THE Y**

YMCA FALL PROGRAMS

FIND INFO, SCHEDULES & OUR PROGRAM CATALOG AT

www.gfymca.org



Sports: Darryl Marek dmarek@gfymca.org

Sports Academies: Adam Sorum asorum@gfymca.org

Aquatics, Safety: Sidney Wagner swagner@gfymca.org

► YOUTH SPORTS

ITTY BITTY BASKETBALL

Sept 11, 18, 25, Oct 2
Age 3-4 • Saturdays
9:20-10:00 am or 10:10-10:50 am

MIGHTY MITE BASKETBALL

Sept 11, 18, 25, Oct 2, 9
Grade K-1 • Saturdays
Boys: 9:00-9:50 am
Girls: 10:00-10:50 am

BOYS YOUTH BASKETBALL

Sept 11, 18, 25, Oct 2, 9
Grade 2-6 • Saturdays
11:10 am - 12:10 pm

ITTY BITTY WHIFFLEBALL

Oct 9, 16, 30, Nov 6
Age 3-4 • Saturdays
9:20-10:00 am or 10:10-10:50 am

YOUTH VOLLEYBALL

Oct 16, 30, Nov 6, 13, 20
Grade 2-6 • Saturdays
11:10 am - 12:10 pm

SOCCER

Oct 16, 30, Nov 6, 13, 20
Age 4 - Grade 3 • Saturdays
Times TBA

GIRLS YOUTH BASKETBALL

Dates TBA: Starts Oct 26
Grade 2-6 • Times TBA

ITTY BITTY SOCCER

Nov 13, 20, Dec 4, 11
Age 3-4 • Saturdays
9:20-10:00 am or 10:10-10:50 am

KARATE

(ONGOING)
• Youth (age 6 - 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
Members \$25/month
Non-Members \$30/month

► VOLLEYBALL ACADEMY

FUNDAMENTALS OF VOLLEYBALL

Wednesdays • September 1, 8, 15, 22
September 1, 8
Grades 1-2 5:00-6:00 pm
Grades 3-4 6:15-7:15 pm

September 15, 22

Grades 1-2 4:30-5:30 pm
Grades 3-4 5:30-6:30 pm

OFFENSIVE ACADEMY

- LEARN TO SET & HIT
Wednesdays • October 6, 13, 20
Grades 5-6 5:00-6:00 pm

DEFENSIVE ACADEMY

NOVEMBER TBD
Grades 5-6 TBD
Grades 7-8 TBD

► SAFETY CERTIFICATIONS

CPR (BLS) Basic Life Support / AHA
Sept 13 • Oct 10 • Nov 1 • Dec 6

HEARTSAVER CPR, FIRST AID, AED COMBO
Sept 9 • Oct 14 • Nov 11 • Dec 16

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO
Sept 16 • Oct 21 • Nov 18 • Dec 30

E-LEARNING

Test in-house. Call for details.

► WATER SAFETY CERTIFICATIONS

FULL LIFEGUARD

American Red Cross Lifeguard Sept 24-26

RECERT LIFEGUARD

American Red Cross Lifeguard Oct 17 • Nov 21

WSI (Water Safety Instructor)

Oct 29-31 • Dec 3-5

Certified Pool Operator

Oct 2-3

► GROUP SWIM LESSONS

LEVELS 1-6: Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics.
Levels 1-2: Ages 3-5 / Levels 1-6: Ages 6-12

Preschool Lessons

3-5 Years Old • Levels 1 & 2 • Tuesdays & Thursdays
Choose from: 3:50-4:20 pm or 4:25-4:55 pm
DATES: Sept 7-30 / Oct 5-28 / Nov 2-23
Members \$66/Non-members \$98

School Age Lessons

6-12 Years Old • Levels 1-6 • Tuesdays & Thursdays
Choose from: 5:00-5:30 pm or 5:35-6:05 pm
DATES: Sept 7-30 / Oct 5-28 / Nov 2-23
Members \$66/Non-members \$98



701-775-2586