



Y YOUTH SPORTS WINTER/SPRING 2022

ITTY BITTY BASKETBALL

Sess 1: Jan 22, 29 & Feb 5, 12

Sess 2: Apr 23, 30 & May 7, 14

Age 3-4 • Saturdays

9:20-10:00 am or 10:10-10:50 am

Members \$30 / Non-members \$40

MIGHTY MITE BASKETBALL

Sess 1: Jan 22-Feb 19

Sess 2: Mar 5-Apr 9 (no Mar 19)

Grade K-1 • Saturdays

Girls: 9:00-9:50 am

Boys: 10:00-10:50 am

Members \$40 / Non-members \$50

INDOOR SOCCER

Jan 22-Feb 19

Age 5 - Gr 3 • Saturdays

Girls & Boys: 11:00-11:50 am

Members \$40 / Non-members \$50

VOLLEYBALL LEAGUE - New!

Jan 3, 10, 17, 24, 31

Grade 3-8 • Monday Evenings

5:45-7:00 (Gr 3, 4, 5)

7:00-8:15 (Gr 6, 7, 8)

Members \$45 / Non-members \$55

Coach: Katie Arthur

ITTY BITTY WHIFFLEBALL

Mar 5, 12, 26 & Apr 2 (no Mar 19)

Age 3-4 • Saturdays

9:20-10:00 am or 10:10-10:50 am

Members \$30 / Non-members \$40

YOUTH VOLLEYBALL

Mar 5, 12, 26 & Apr 2, 9 (no Mar 19)

Grade 2-6 • Saturdays

11:10 am - 12:00 pm

Members \$40 / Non-members \$50

FLAG FOOTBALL

Apr 19, 26 & May 3, 10, 17

Gr K-4 • Tuesdays • 6:00-6:50 pm

Members \$40 / Non-members \$50

ITTY BITTY SOCCER

June 7, 14, 21, 28

Age 3-4 • Tuesdays

5:20-6:00/6:10-6:50 pm

Members \$30 / Non-members \$40

KARATE (ONGOING)

• Youth (age 6 - 12)

Wed: 6:00-7:00 pm/Sat:10:00-11:00 am

• Adult/Teen (age 13+)

Wed: 7:15-8:45 pm/Sat: 11:15 am-1:30 pm

Members \$25/month

Non-Members \$30/month

BOYS YOUTH BASKETBALL LEAGUE (YBL)

Jan 18 - Mar 10

Grade 2-6 • Tues/Thurs

Members \$70 / Non-members \$90

SPRING YBL (Girls & Boys)

Apr 12 - May 19

Grade 1-6 • Tues/Thurs

Members \$60 / Non-members \$80

YOUTH BASKETBALL TOURNAMENT

March 19, 2022

Red River & Central Gymnasiums

Grades 3-8 • Boys & Girls

\$180/team

** Use separate registration form
or register online:

www.gfymca.org/register-now/

IMPORTANT INFORMATION

- ▶ Youth sports jerseys are needed for Mighty Mite Basketball, Flag Football, Soccer, Floor Hockey and YBL.
- ▶ Most Saturday sports consist of 1/2 skill practice and 1/2 playing game.
- ▶ Financial scholarship assistance is available.
- ▶ Registration for all programs is also available online, by phone, or in-house.
- ▶ Volunteer Coaches are needed!

Information is subject to change.

Contact Darryl Marek for info.

dmarek@gfymca.org • 701-7752586

YOUTH SPORTS REGISTRATION

Choose the program(s) you are registering for:

- | | |
|---|--|
| <input type="checkbox"/> Itty Bitty Basketball | <input type="checkbox"/> Youth Volleyball |
| <input type="checkbox"/> Mighty Mite Basketball | <input type="checkbox"/> Flag Football |
| <input type="checkbox"/> Indoor Soccer | <input type="checkbox"/> Itty Bitty Soccer |
| <input type="checkbox"/> Volleyball League | <input type="checkbox"/> Karate |
| <input type="checkbox"/> Itty Bitty Whiffleball | |

Specify Desired Time:

am / pm

Player's Name _____ Date of Birth _____

Gender _____ Grade _____ School _____

Parent Name _____

Phone _____ Email _____

Address _____

City _____ State _____ Zip _____

* I have a jersey: Yes No (Jerseys available at Y Member Services - \$18)

Return this form with payment to:

Call: (701) 775-2586

Altru Family YMCA

PO Box 13177

Grand Forks, ND 58208

Financial scholarship assistance is available through the Grand Forks Parks & Recreation Foundation and the YMCA Partner of Youth program.



I AM INTERESTED IN BEING A VOLUNTEER COACH

The generosity of others is at the heart of the Y's existence and a nonprofit. It is because of the support of volunteers and donors that we are able to support and give back to our community. Our YMCA Youth Sports program is in need of volunteer coaches to ensure the success of our programs. Please contact Darryl Marek for more information.

Name _____ Phone _____

Email _____

YMCA YOUTH SPORTS

WE ARE FOR YOUTH DEVELOPMENT

The Y is dedicated to building healthy, confident, connected and secure children. We believe all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating values, skills and relationships that lead to positive behaviors, better health and educational achievement.

When your child participates in YMCA Youth Sports, they learn the basics, improve their 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.

YOUTH BASKETBALL LEAGUE (YBL)

The YMCA offers a Youth Basketball League each year. We have a fall season for girls, a winter season for boys and a spring season for boys and girls. YBL is a fun program that emphasizes basic basketball skills, sportsmanship, team play and participation. As in all YMCA sports, winning is downplayed and no league standings are kept. All players will get an equal amount of playing time. The volunteer coaches and referees work hard to make YBL a fun learning experience.

YBL is in cooperation with the Grand Forks Fastbreak Club.

Fastbreak Club Mission: To provide a positive structured environment for active participation in basketball, while allowing individual athletes to develop their skills and abilities to the highest possible level.

The Y Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

For more information about Y programs and services for youth, adults, seniors and special populations, visit: www.gfymca.org.



HAVING FUN AS A TEAM



YMCA YOUTH SPORTS

WINTER/SPRING 2022

ALTRU FAMILY YMCA
215 N 7TH ST
GRAND FORKS, ND 58203

701-775-2586 • www.gfymca.org