



# Y YOUTH SPORTS

FALL/WINTER 2022

## ITTY BITTY BASKETBALL

Age 3-4  
August 10, 17, 24, 31  
Wednesdays: 11:20-12:00/12:10-12:50  
Members \$30 / Non-members \$40

## ITTY BITTY OUTDOOR SOCCER

Age 3-4  
September 6, 13, 20, 27  
Tuesdays: 5:20-6:00/6:10-6:50  
Members \$30 / Non-members \$40

## ITTY BITTY BASKETBALL

Age 3-4  
Sept 10, 17, 24, Oct 1  
Saturdays  
9:20-10:00 am/10:10-10:50 am  
Members \$30 / Non-members \$40

## BOYS YOUTH BASKETBALL

Grades 2-6  
Sept 10, 17, 24, Oct 1, 8  
Saturdays: 11:10 am - 12:10 pm  
Members \$40 / Non-members \$50

## ITTY BITTY WIFFLEBALL

Age 3-4  
October 8, 15, 22, 29  
Saturdays: 9:20-10:00/10:10-10:50 am  
Members \$30 / Non-members \$40

## YOUTH INDOOR SOCCER

Age 4 - Grade 3  
October 8, 15, 22, 29, Nov 5  
Saturdays: 9:00-9:50 am  
Members \$40 / Non-members \$50

## GIRLS MIGHTY MITE BASKETBALL

Grades K-1  
October 15, 22, 29, Nov 5, 12  
Saturdays: 10:10-11:00 am  
Members \$40 / Non-members \$50

## BOYS MIGHTY MITE BASKETBALL

Grades K-1  
October 15, 22, 29, Nov 5, 12  
Saturdays: 11:10 am -12:00 pm  
Members \$40 / Non-members \$50

## YOUTH VOLLEYBALL

Grades 2-6  
October 15, 22, 29, Nov 5, 12  
Saturdays: 11:10 am -12:00 pm  
Members \$40 / Non-members \$50

## ITTY BITTY INDOOR SOCCER

Age 3-4  
November 12, 19, December 3, 10  
Saturdays: 9:20-10:00/10:10-10:50 am  
Members \$30 / Non-members \$40

## GIRLS YOUTH BASKETBALL LEAGUE

Grades 2-6  
October 25 - December 15  
Tuesdays & Thursdays  
Grades 2-3: 5:30-6:30 pm  
Grades 4-6: 6:45-7:45 pm  
Members \$70 / Non-members \$90

## YOUTH & ADULT KARATE

Build confidence, self-discipline, character, a healthy body and more!

### Ongoing Schedule:

**Youth (age 6 - 12)**  
Wed: 6:00-7:00 pm  
Sat: 10:00-11:00 am  
Members \$25/month • Non-members \$30/month

**Adult/Teen (age 13+)**  
Wed: 7:15-8:45 pm  
Sat: 11:15 am-1:30 pm



## IMPORTANT INFORMATION

### SPORTS JERSEYS NEEDED

Youth sports jerseys are needed for Mighty Mite Basketball, Flag Football, Soccer, Floor Hockey and YBL. Jerseys are the same for all sports and can be reused. Purchase at Y Member Services or contact Caitlin Volkmann.

### ITINERARY

Most Saturday sports consist of 1/2 skill practice and 1/2 playing game.

### FINANCIAL SCHOLARSHIPS

Financial scholarship assistance is available. Application forms may be acquired at Y Member Services.

### REGISTRATION

Registration is available by mail, online, by phone, or in-house. Use separate registration form or register online: [www.gfymca.org/register-now/](http://www.gfymca.org/register-now/)

### CONTACT

Caitlin Volkmann, Youth Sports Director  
cvolkmann@gfymca.org

## 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 Youth 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](http://www.gfymca.org).



the **Y** YMCA **HAVING FUN AS A TEAM**



**YMCA YOUTH SPORTS**  
FALL/WINTER 2022

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

**701-775-2586**  
**[www.gfymca.org](http://www.gfymca.org)**