

# SPRING 2025 YMCA YOUTH SPORTS



## Happy Feet Indoor Soccer

Mar 22-Apr 12 • Saturdays • Age 5-7  
9:00-9:45 am  
\$52 Members / \$62 Non-members

## Itty Bitty Indoor Soccer

Mar 22-Apr 12 • Saturdays • Age 3-4  
9:30-10:10 am  
\$52 Members / \$62 Non-members

## Boys & Girls YBL

(Youth Basketball League)

Apr 10-May 15 • Tuesdays & Thursdays  
Gr 2-3: 5:30-6:30 pm  
Gr 4-6: 6:30-7:30 pm  
\$75 Members / \$90 Non-members

## Itty Bitty Basketball

Saturdays • April 26-May 17 • Ages 3-4  
9:30-10:10 & 10:20-11:00 am  
\$52 Members / \$62 Non-members

## Mighty Mite Basketball

Saturdays • April 26-May 17 • Ages 5-6  
10:00-10:50  
\$52 Members / \$62 Non-members

## Karate

Youth age 6-12 / Wed., Fri., Sat.  
Classes are ongoing.  
Members \$30/month  
Non-members \$35/month



## Golf Lessons - New!

- For all ages & skill levels.
  - Using our Trackman IO Simulator indoors.
  - Outdoors in the summer.
  - 45 minute sessions.
  - Call to register & schedule.
- \$50 - 1 lesson • \$120 - 3 lessons  
\$175 - 5 lessons



## Itty Bitty Outdoor Soccer

Tuesday • May 20-June 12 • Ages 3-4  
5:30-6:10 & 6:20-7:00 pm  
\$52 Members / \$62 Non-members

## 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 the YMCA Sports Director.

### 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/)

Sports information & schedules subject to change.

## YOUTH SPORTS REGISTRATION

Choose the program(s) you are registering for:

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

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 Danny Ray 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.

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).



ALTRU FAMILY YMCA  
215 N 7th St  
Grand Forks, ND 58203

Information is subject to change.  
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## HAVING FUN AS A TEAM



**YMCA YOUTH SPORTS**  
**SPRING 2025**  
**ALTRU FAMILY YMCA**