

December/January YMCA YOUTH SPORTS



Boys YBL (Youth Basketball League)

Monday & Tuesday • Jan 12 - Feb 24

Gr 2-3: 5:30-6:30 pm

Gr 4-6: 6:30-7:30 pm

\$65 Members / \$85 Non-members

Mighty Mite Basketball

Saturdays • Age 5-6 • Jan 10-26

Girls & Boys: 10:00-10:50 am

\$40 Members / \$50 Non-members

Itty Bitty Basketball

Saturdays • Age 3-4 • Jan 10-31

10:30-11:30 am

\$40 Members / \$50 Non-members

Water Basketball

Saturdays • Feb 7-28

Youth age 6-12: 11:00 am - 12:00 pm

\$50 Members & Non-members

Karate

Youth age 6-12 / Wed., Fri., Sat.

Classes are ongoing.

Members \$30/mo. • Non-members \$35/mo.

Active Play

Saturdays • Feb 7-28

Youth age 4-6: 10:30-11:15 am

Youth age 7-10: 11:15 am-12:00 pm

\$50 Members & Non-members

(Includes fun, active games like capture the flag, obstacle courses and more.)

Itty Bitty Golf

Saturdays • Jan. 10, 17, 24, 31

Youth age 3-4 • 9:00-9:30 (Main Gym)

\$52 Members / \$62 Non-members

Mighty Mite Golf

Saturdays • Jan. 10, 17, 24, 31

Youth age 5-6 • 9:40-10:10 (Main Gym)

\$52 Members / \$62 Non-members

Golf Lessons

Instructor: Donny Riendeau

All ages & skill levels. Call to schedule.

Sessions: 1 (\$50), 3 (\$120), 5 (\$175) 45 min.

King of the Hill

1v1 Basketball Tournament

Monday, December 22 • 3:00 pm

Middle & High School Divisions / \$10

Youth Basketball Tournament

February 28 • 8:00 am - 9:00 pm

Girls & Boys Gr 5-8 • Central HS

\$200/Team

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/

Contact Breon Quintero:

bquintero@gfymca.org • 701.775.2586

Sports information, prices & 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.



HAVING FUN AS A TEAM



YMCA Website



ALTRU FAMILY YMCA YOUTH SPORTS WINTER 2025/2026

www.gfymca.org • (701) 775-2586