

Winter/Spring 2025 YOUTH SPORTS

Contact Breon Quintero



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

Active Play-Age 4-6

Capture the Flag/Obstacles

Saturdays • March 7-28

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

\$45 Members & Non-members

Active Play-Age 7-10

Capture the Flag/Obstacles

Saturdays • March 7-28

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

\$45 Members & Non-members

Active Play-Age 6-12

Pool Basketball

Saturdays • March 7-28

Youth age 6-12: 11:00 am – 12:00 pm

\$45 Members & Non-members

Itty Bitty Golf

Saturdays • March 7-28

Youth age 3-4 • 9:00-9:30 (Main Gym)

\$52 Members / \$62 Non-members

Mighty Mite Golf

Saturdays • March 7-28

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.



Karate

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

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

Class is ongoing.

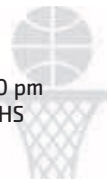
Youth Basketball Tournament

February 28 • 8:00 am – 9:00 pm

Girls & Boys Gr 5-8 • Central HS

\$200/Team

Contact Breon Quintero.



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

Register in-person, by phone, or online.



701.775.2586
www.gfymca.org

Breon Quintero: bquintero@gfymca.org
Adam Sorum: asorum@gfymca.org

Winter/Spring 2025 SPORTS ACADEMIES & CAMPS

SPORTS ACADEMIES

Contact Adam Sorum



Youth Football Camp for Wide Receivers

Feb 8, 15, 22 • Gr 2+ • 6:30-7:30 pm

Quarterback Camp

Feb 8, 15, 22 • Gr 6-11 • 8:00-9:00 pm

Youth Football Camp For Beginners

March 8, 15, 22 • Gr 2+ • 6:30-7:30 pm

Youth Football Camp For Blockers

March 5, 12, 19 • Gr 2+ • 6:30-7:30 pm

Contact Adam Sorum.

* At Sports Advantage: 1375 S Columbia Rd *

SPECIALIZED TRAINING / YOUTH & TEEN



Athletic Movement Training

Spring Sports Preseason Training for Age 8-18

Covers sprint technique, speed, agility, change of direction, acceleration, explosive power, coordination, and more.

February 23-26 / March 2-5

4:30 – 5:30 pm • \$75

Contact Adam Sorum.

Offensive Flow Basketball Camp

Girls & Boys Gr 4-12

Covers footwork and shot selection to improve your offensive game, perfect for any travel team.

February 21 • 6:00-8:00 pm • \$45

Contact Breon Quintero.

Anchor Offensive Line Clinic & Anchor Award

High Level Training for Gr 8-11

For athletes aspiring to play college football. Covers specific training, film review, recruiting and placement, and more.

February 28 • 2:00-4:00 pm • \$45

Contact Adam Sorum.



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.

Altru Family YMCA
215 N 7th St
Grand Forks, ND 58203
(701) 775-2586
www.gfymca.org



PLAY WITH A PURPOSE

NO PLACE
140 YEARS
Like This Place



ALTRU FAMILY YMCA
SPORTS & CAMPS
WINTER/SPRING 2026

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