

Sonoma County Family YMCA Youth Programs 2011-2012

Youth Basketball League



A positive, supportive, youth basketball league for children ages 6-15 which emphasizes the fun of the sport, while keeping competition in perspective.

Divisions:

Co-Ed (6/7, 8/9)
Girls (10/11, 12/13, 14/15)
Boys (10/11, 12/13, 14/15)

Practices: One 1-hour practice per week (between 6PM-9PM, M-F, Nov. 7th, 2011 - Feb. 10th, 2012)

Games: One 1-hour game per week (between 9AM-5PM, Saturday, Dec. 3rd, 2011 - Feb. 11th, 2012)

Cost: Facility Members \$50 / Program Members \$65 / Non-Members \$90

Registration begins September 26

Coaches: All YMCA sports are run with the help of volunteer coaches. If you or someone you know would be interested in coaching please register online or fill out a volunteer coach's application at the YMCA Program Office.

-All Participation Trophies Are Generously Donated By HALL'S EXECUTIVE GIFTS & AWARDS-

Little Sportsters

The program is designed for 3-5 year olds to gain fundamentals of sports, improve on gross motor skills, meet new friends, and develop their eye-hand and eye-foot coordination.

Practices: One 1-hour practice per week Wednesdays 5:00-6:00pm or Saturdays 9:00-10:00am

Classes: September: basketball, October: indoor soccer, November: motor skills, January: basketball, February: motor skills, March: indoor soccer, April: basketball, May: yoga, June: tee ball.

Cost: Facility Members \$10 / Program Members \$14 / Non-Members \$20

We also encourage all of our Little Sportsters parents with helping their child participate in the class.



Kids Night Out

Kids are invited to sleep over at the YMCA and participate in a variety of activities including , swimming, games, evening snack, themed crafts, breakfast and a movie.

Friday 7pm—Saturday 9am



Sept. 16th: Disco Fever	Oct. 21st: Pumpkin Bash
Nov. 18th: Under the Sea	Dec. 16th: Antarctic Adventure
Dec. 31st: Celebrate New Years*	Jan. 20th: Mad Scientist
Feb. 7th: Queen/King of Hearts	Mar. 16th: Jungle Expedition
Apr. 18th: Around the World	May 18th: Hawaiian Luau

Cost: Facility Members \$22 / Program Members \$27 / Non Members \$ 37 (since spaces are limited \$10 additional fee will be added on to same day registration).

Adventure Guides

The YMCA Adventure Guides, is a program that offers Parents and children grades k-6 the opportunity to develop stronger relationships by joining a group with whom you'll participate in variety of activities like camping trips, games, ceremonies, annual box car races, parades and family adventures.

Through out the program we will focus on family, nature, community, fun and the YMCA character development values.

Cost: Returning Participants \$70 (1st child) /\$15 each additional child
New Participants \$80 (1st child)/ \$25 each additional child



**Register at
YMCA Program Office or Online at www.scfymca.org
Questions????? Call the YMCA Program Office at 544-1829**

Sonoma County Family YMCA • www.scfymca.org
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