



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET IN THE GAME!

Youth Sports Programming Spring 2019 SONOMA COUNTY FAMILY YMCA

The Y nurtures the potential of children through the YMCA's Youth Sports programming by strengthening character in our youth, engaging families, and building lasting relationships. Participants in these programs build skills, learn about teamwork, focus on sportsmanship, and develop healthy lifestyle habits.

JUNIOR WARRIORS BASKETBALL

DIVISIONS: CO-ED 8U, 10U, 12U
PRACTICES: One 1-hour practice per week Monday-Friday from 5:00PM-9:00PM beginning Mar 4, 2019
GAMES: 8 Game season will be held on Saturdays beginning March 30 and ending May 18. No practices Mar 18-22, 2019.
JR WARRIORS: Reversible mesh Golden State Warriors Jersey, and a Warriors Headband
COST Facility Members \$65
 Program Member \$80
 Non-Members \$105



TEE BALL

AGES: CO-ED 4-6
PRACTICES: One 1-hour practice per week Monday-Friday from 5:00PM-6:00PM beginning March 11.
GAMES: 8 Game season will be held on Saturdays beginning April 30 and ending May 18. Participants receive a baseball jersey and hat.
COST Facility Member \$65
 Program Member \$85
 Non-Member \$105



TRACK & FIELD

AGES: CO-ED 7-12
PRACTICES: Saturdays, March 30 April 06, 13 & 27, May 4 & 11 10:00AM-12:00PM.
TRACK MEETS: Saturday, April 20 & May 18 10:00AM-12:00PM
EVENTS: Discus, Shot-Put, Hurdles, 50M Dash, 400M, Long-Jump, & more!
COST Facility Member \$40
 Program Member \$55
 Non-Member \$70



INTRODUCTION TO VOLLEYBALL

AGES: Co-Ed 7-12
PRACTICES: Saturdays, March 30 April 6, 13, 20, 27, May 4, 11, 18. Afternoons for 2-Hours
PROGRAM : The program will focus on the fundamentals of volleyball in addition to strategies to improve one's overall game.
COST Facility Member \$40
 Program Member \$55
 Non-Member \$70



All YMCA Sports Programs need volunteer coaches. If you or someone you know is interested please download the coaches packet or come in to the YMCA Program Office.

Register at the YMCA Program Office or on-line
 Sonoma County Family YMCA | 1207 College Avenue | Santa Rosa, CA 95404

Phone 707/544-1829 | Fax 707/544-4432 | www.scfymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

¡ENTRA EN EL JUEGO!

Youth Sports Programming Spring 2019 SONOMA COUNTY FAMILY YMCA

La Y alimenta el potencial de los niños a través de la programación de deportes juveniles de la YMCA fortaleciendo el carácter en nuestra juventud, involucrando a las familias y construyendo relaciones duraderas. Los participantes en estos programas construyen habilidades, aprenden sobre el trabajo en equipo, se enfocan en la deportividad y desarrollan estilos de vida.

JUNIOR WARRIORS BASKETBALL

DIVISION: Mixta 8U, 10U, 12U
PRACTICAR: 1 hora por los tardes Lunes a viernes de 5:00PM-9:00PM Mar 4, 2019
JUEGOS: Temporada de 8 juegos se llevará a cabo Sábados comenzando el 30 de marzo y terminando el 18 de mayo. No hay prácticas de Mar 18-22, 2019.

JR WARRIORS: Jersey Reversible de malla de Golden State Warriors, cinta para la cabeza, y mucho mas!

TEE BALL

EDAD: Mixta 4-6
PRACTICAR: 1 hora por los tardes Lunes a viernes de 5:00PM-6:00PM comienzo Marzo 11.
JUEGOS: Temporada de 8 juegos se llevará a cabo Los Sábados comenzando el 30 de abril y final

TRACK & FIELD

EDAD: Mixta 7-12
PRACTICAR: Sabados, Marzo 30
Abril 06, 13 & 27, Mayo 4 & 11
10:00AM-12:00PM.
TRACK MEETS: Sabados, Abril 20 & Mayo 18
10:00AM-12:00PM
Discus, Shot-Put, Hurdles, 50M
Dash,
400M, Long-Jump, & more!
COSTO Miembro \$40
Miembro de Programa \$55
Non-Miembro\$70

INTRODUCTION TO VOLLEYBALL

EDAD: Mixta 7-12
PRACTICAR: Sabados, Marzo 30
Abril 6, 13, 20, 27, Mayo 4, 11, 18.
PROGRAMA : El programa se centara en la Fundamentos de voleibol ademas de estrategias para mejorar su juego en general
COSTO Miembro \$40
Miembro de Programa \$55
Non-Miembro\$70

Registracion de ligas de Primavera comienza el 28 de Enero , 2019

Sonoma County Family YMCA | 1207 College Avenue | Santa Rosa, CA 95404

Phone 707/ 544-1829 | Fax 707/ 843-5162 | www.scfymca.org

La Y es una organización sin fines de lucro, de la comunidad.