



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



BASKETBALL LEAGUES

GIRLS Grades 5-6 Jan 4-Feb 18
BOYS Grades 7-8, 9-12 Feb 15-March 31

INDIVIDUAL player registration, teams selected by draft by YMCA staff and coaches. Mandatory substitution schedule. **First practice 4-5 pm; Girls: Wed, January 4; Boys: Wed, February 15.** If needed, YMCA staff/coaches will draft teams prior to second practice.

Registration: Girls, Dec 19-Jan 4; Boys, Feb 1-15
Practice: See above; Entire schedule given 1st practice
Game: Fri 6:30-7:30 or 7:30-8:30 pm

Family Member Free
Youth Member \$25 Potential Member \$50

BASKETBALL TOURNEYS

GIRLS Grades 5-6 February 17-18
BOYS/GIRLS Grades 7-8 March 24-25



Bring your own TEAM and coach. 3-game guarantee. Separate tournaments by grade, if possible. Teams/players can play up a grade, but not down. Games to be played on Friday evenings and Saturdays (Sunday, if needed).

Registration opens 6 weeks prior to tournament. Deadline is one week before. Registrations are limited.

\$110 per team \$85 if paid in full 3 weeks before

TENNIS LESSONS

BOYS & GIRLS 6 yrs & up
May 2-June 27 (12 yrs & up); May 3-24 (6-12 yrs)

Group lessons for beginners (6 yrs & up) or intermediate levels (12 yrs & up only). Classes held at DuBois City park tennis courts. 2nd set of lessons offered if enough interest (12 yrs+: July-Sept; 6-12 yrs: June).

Instructors: Pat Mowrey (12 yrs+); Lori Sabatose (6-12 yrs)
Registration: Starts April 4
Days/Times:

12 yrs & up: Tuesdays, Beginner 6-7 pm; Intermediate 7-8 pm
6-12 yrs: Wednesdays, 5:30-6:30 pm

	<u>6-12 yrs (4 wks)</u>	<u>12 yrs+ (9 wks)</u>
Family/Youth Member	\$31	\$72
Potential Member	\$55	\$122

INDOOR FLOOR HOCKEY See top of page 4

31 UPCOMING YOUTH & ADULT SPORTS See page 10

Dates, times and prices of all YMCA programs are subject to change without notice

For more information 814-375-YMCA (9622) www.duboisymca.org dubymca1@comcast.net

YOUTH SOCCER

BOYS & GIRLS Grades K-5th
January 5-February 11



Meets twice weekly for a practice and game. Participants will learn basic skills such as foot coordination, passing, dribbling, team play and rules according to their abilities and progression. Practice/game times, grade divisions may be adjusted or combined if needed due to registrations.

Registration: Dec 20-Jan 5
Meets on Thu (practice); Sat (game):
- Gr K-2: Thu 5:15-6:15 pm; Sat 9:30-10:30 am
- Gr 3-5: Thu 6:30-7:30 pm; Sat 10:45-11:45 am
Location: Main Gym & Auxiliary Gym

Family Member Free
Youth Member \$25 Potential Member \$50

YOUTH SPORTS MOTTO
Everybody plays; All are Valuable
Parents may be asked to volunteer coach, score keep, referee or help out during practice/games.



FUTSAL LEAGUES

BOYS Grades 9-11
GIRLS Grades 9-11
BOYS/GIRLS Grades 5-8
January 15-March 12

This is a mini-adaptation of outdoor soccer, emphasizing foot skills. League is a 5v5 format, primarily designed for school teams. Games played on Saturday and Sunday afternoons. Registration is limited. Contact Zac Wilcox if individual with no team or for more information.

HS: \$270 per team
\$245 if paid in full by registration date

MS: \$220 per team
\$195 if paid in full by registration date

Registration: \$25 non-refundable deposit due Jan 4



Online Registration Available
Click on Programs tab on our website



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INDOOR FLOOR HOCKEY Boys & Girls Grades K-8 February 21-April 1



Meeting twice weekly for a practice and game, your child will learn the basics of hockey while receiving the benefits of regular exercise, team building and most of all, enjoying the game. Use your own helmet or one provided by the YMCA for the duration of the program (first-come, first serve basis). All equipment provided except shin guards (required) and mouth guard (recommended). **First practices are February 21.**

Registration: January 17-February 21

Meets on Tue (practice); Sat (game):

K-2nd Tue 5:15-6:15 pm; Sat 9:00-10:00 am
3rd-5th Tue 6:30-7:30 pm; Sat 10:10-11:10 am
6th-8th Tue 4:00-5:00 pm; Sat 11:15-12:15 am

Grade divisions, or practice/game times, may be adjusted and/or combined if needed due to registrations.

Location: Main & Auxiliary Gym

Family Member Free

Youth Member \$25 Potential Member \$50

KARATE - WORLD TANG SOO DO Boys and Girls Ages 8-18 Thursdays 6:00-7:30 pm



Instructor: Rick Panebianco, Oh Dan/5th degree Master
Assistants: Doug Walk, Sam Dan/3rd degree Black Belt
Barbara Panebianco, E Dan/1st degree Black Belt

This program, operated by the Tri County Karate Academy, is open to youth and ADULTS. New students welcome any time! You will get in better health, challenging your mind, body and spirit. Learn discipline, self-control, and confidence in this Korean Martial Art.

Location: Auxiliary Gym

Family or Youth Member \$25 Potential Member \$50
Prices are per month on a bank draft basis

Other costs (pay instructor directly):

- 1-time WTSDA membership fee \$60
- Uniforms (See instructor for info)

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For more information

814-375-YMCA (9622)

www.duboisymca.org

dubymca1@comcast.net

DOLPHIN SWIM TEAM Boys & Girls Ages 5-18



Winter program is in session
Summer program – June & July

Look for more information on summer program in Spring 2/Summer program guide

GOLF LESSONS Co-Ed; Ages 12 & up March 9-April 13 Thursday 7:00-8:00 pm



Instructor: Logan Depto; Golf Manager, DuBois County Club

Get ready for the links indoors while it is cold outdoors! This 6-week class will be a comprehensive, thorough examination of your golf swing that will produce positive results. Through these lessons, you will be able to understand your golf swing so you can manage your game effectively. Minimum of 4, maximum of 10.

Member \$82 Potential Member \$116

VOLLEYBALL LEAGUES Co-Ed; Ages 16 & up January 9/11 – April 10/12



Two League levels: Recreation (6x6 format); Power (4x4 format). Required number of females on court for Rec (2) and Power (1). Rec games: Mondays; Power games: Wednesdays. Note: Depending upon # of registrations some Power League games may be on Mondays and the ending date for each league may be adjusted.

PER TEAM: Rec - \$160 ; Power - \$180 Save \$15 if pay in full by first game



Online Registration Available
Click on Programs tab on our website