



# SWIM, SPORTS AND PLAY

## YOUTH/PRESCHOOL FITNESS –SPORTS

All kids deserve opportunities to discover who they are and what they can achieve. That's why, through the Y, youth today are cultivating the values, skills, and relationships that lead to positive behaviors and better health.

### MARTIAL ARTS

Build coordination, agility, control, self-confidence through this program. Belt tests are offered. Martial Arts uniform is recommended for the class at an additional fee of \$35.00

#### BEGINNING MARTIAL ARTS (Ages 5-12)

Monday & Wednesday 6:00-6:40 PM  
FEE: Members: \$35 Program Participant: \$70

#### INTERMEDIATE MARTIAL ARTS (Ages 5 up to 12)

Monday & Wednesday 6:45-7:25 PM  
FEE: Members: \$35 Program Participant: \$70

#### ADVANCED MARTIAL ARTS (Ages 5 up to adult)

Monday & Wednesday 7:30-8:15 PM  
FEE: Members: \$35 Program Participant: \$70

#### ADULT MARTIAL ARTS (Ages 18 plus)

Saturday 1:00 - 3:00 PM  
FEE: Members: \$40 Program Participant: \$75

#### TUMBLING (Ages 3-4 and 5-8) Winter I & II

Learn. Thrive. Grow. Meet others while improving coordination, balance and flexibility.

##### Wednesday

Ages 3-4 6:00-6:30 PM

Ages 5-8 6:30-7:00 PM

FEE: Members \$15 Program Participant \$30

#### YOUTH STRENGTH TRAINING (Ages 6-13)

This class is for kids that are interested in learning how to begin their strength training program. The participants will build strength through the use of dumbbells, barbells, resistance tubes and the STRIVE equipment in the Family Wellness Center.

Tuesday & Thursday 5:15-6:00 PM

FEE: Members: \$15 Program Participant: \$30

#### KIDS KICKBOXING (Ages 6-14)

Bring your own gloves to this 30 minute cardio workout for kids!

Tuesday & Thursday 4:45 - 5:15PM

FEE: Members: \$15 Program Participant: \$30

## PRESCHOOL SPORTS (Ages 3-5)

A monthly program to teach preschool age children the fundamentals of different sports. Program will run once per week with a different sport each month. Sign-up for one month or every month!

January- Soccer

February -Kickball

March - Basketball

April - Parachute & Dance

May - T-Ball

Sat. 9:15 - 9:45 AM

FEE: Members: \$12 per month

Program Participant: \$24 per month

Winter Session I - Jan. 2 - Feb. 19, 2017  
Winter Session II - Feb. 20 - April 2, 2017  
Spring Session - April 3 - May 21, 2017

## YOUTH SPORTS LEAGUES

Programs focus on teaching the players the basic skills, teamwork & sportsmanship. All participants will play equal time. Practice will be held once a week at each team coaches discretion.



## YOUTH BASKETBALL - Winter I BUILD TEAMWORK AND CONFIDENCE

Session Date: January 13 - February 24, 2018  
Games begin January 20, 2018

Ages 5-6/7-8/ 9-12

FEE: Members \$35 Program Participant \$60  
Registration forms can be picked up at the Y or downloaded at [www.marionymca.org](http://www.marionymca.org)

For more information, contact Ben Burkhardt at 740-725-9622

## YOUTH SOCCER SPRING

Youth soccer offers fun for players of all abilities. Kids gain the basic skills of the game, while learning how to follow rules and practice good sportsmanship.

Ages 3-4/5-6/7-8/9-11/12-14  
April 17 - June 5, 2018

FEE: Members \$35

Program Participant: \$60

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