



YOUTH SPORTS West Suburban YMCA

FALL 1 SESSION | September 4 - October 28, 2018



CATEGORY	CLASS NAME	AGES	FEES M/PP	CLASS LENGTH	MON	TUES	WED	THURS	FRI	SAT
PARENT & CHILD SPORTS SKILLS	Basketball Skills w/ Parent	2 - 3	\$22/\$42	30 min	5:00 PM					
	Soccer Skills w/ Parent	2 - 3	\$26/\$48	30 min		5:00 PM		4:30 PM		
	Sports Sampler w/ Parent	2 - 3	\$26/\$48	30 min						
	T-Ball Skills w/ Parent	2 - 3	\$26/\$48	30 min			4:15 PM			
PRESCHOOL SPORTS SKILLS	Basketball Skills	4 - 6	\$34/\$63	45 min	5:45 PM					
	Soccer Skills	4 - 6	\$38/\$72	45 min				5:15 PM		
	Sports Sampler	4 - 6	\$38/\$72	45 min		5:45 PM				
	T-Ball Skills	4 - 6	\$38/\$72	45 min			5:00 PM			
	Tennis Skills	4 - 6	\$38/\$72	45 min			5:00 PM			
SCHOOL AGE SPORTS SKILLS	Basketball Skills	7 - 10	\$34/\$63	45 min	6:45 PM					
	Baseball Skills: Coach Pitch	6 - 9	\$38/\$72	45 min			6:00 PM			
	Soccer Skills	7 - 10	\$38/\$72	45 min				6:15 PM		
	Tennis Skills	7 - 10	\$38/\$72	45 min			6:00 PM			
	Volleyball Skills	7 - 9	\$38/\$72	45 min		5:00 PM				
TAE KWON DO	Tae Kwon Do Beginner	10 - 15	\$38/\$72	45 min		6:00 PM				
	Tae Kwon Do Green/Blue Belt & Higher	6+	\$40/\$60	30 min		6:30 PM				

CLASSES MEET ONCE A WEEK FOR 8 WEEKS | M: Members PP: Program Participants

Updated: 6/28/18

FALL SPORTS LEAGUES

CROSS COUNTRY	Grades 1 & Older	August 21 - November 3	Tuesdays 5 - 6 PM	\$66/\$99
FLAG FOOTBALL	Grades 1 - 2	August 25 - November 3	Saturdays 9 - 10:30 AM	\$84/\$126
	Grades 3 - 4	August 25 - November 3	Saturdays 10:30 AM - 12 PM	\$84/\$126
	Grades 5 - 6	August 25 - November 3	Saturdays 12 - 1:30 PM	\$84/\$126

FALL 1 REGISTRATION OPENS: Monday, August 6, 2018 for Members and Monday, August 13, 2018 for Program Participants

* The Y will be closed on Monday, September 3 for Labor Day. All Monday programs will be prorated.

Program availability is subject to change based on enrollment. Please visit "Find a Program" on GWCYMCA.ORG for the most updated offerings or visit the Business Office.

WEST SUBURBAN YMCA 2420 N 124th Street, Wauwatosa, WI 53226 | REGISTRATION: Online at GWCYMCA.ORG or call 414-302-9622



SPORTS DESCRIPTIONS

PARENT & CHILD SPORTS

BASKETBALL SKILLS W/ PARENT

Have fun and practice hand-eye coordination. Individual and team skills will help your child learn how to run, jump, balance, throw, and catch in a basketball setting.

SOCCER SKILLS W/ PARENT

This is a parent and child class intended for one child and one parent or guardian. Have fun and practice foot-eye coordination. Individual and team skills will help your child learn how to run, jump, balance and kick in a soccer setting.

SPORTS SAMPLER W/ PARENT

Have fun introducing your child to a variety of sports including t-ball, soccer, and basketball.

T-BALL SKILLS W/ PARENT

Have fun and practice hand-eye coordination. Individual and team skills will help your child learn how to run, jump, balance, throw, and catch in a baseball setting.

PRESCHOOL SPORTS

BASKETBALL SKILLS

Introduction to the game of basketball using age appropriate skills and drills. Individual and team skills will be worked on throughout the class.

SOCCER SKILLS

Have fun and practice foot-eye coordination. Individual and team skills will help your child learn how to run, jump, balance, and kick in a soccer setting.

SPORTS SAMPLER

Introduction to a variety of sports including t-ball, soccer, and flag football. Individual and team skills will be worked on throughout the class.

T-BALL SKILLS

Introduction to the game of baseball using age appropriate skills and drills. Individual and team skills will be worked on throughout the class.

TENNIS SKILLS

In partnership with United States Tennis Association, this program is designed for kids to learn, rally and play quickly. This program will use smaller courts, slower bouncing balls, and rackets that are sized for a child. Equipment will be provided.

SCHOOL AGE SPORTS

BASKETBALL SKILLS

Practices will focus on further developing the foundational basketball skills learned in toddler and preschool classes. Individual and team skills will be worked on throughout the class.

BASEBALL SKILLS: COACH PITCH

Practices will focus on further developing the foundational baseball skills learned in toddler and preschool classes. Players will attempt to hit a ball pitched by the coach. If unsuccessful more than three times in a row a tee, may be used instead. Players should bring a glove, but the rest of the equipment will be provided.

SOCCER SKILLS

Practices will focus on further developing the foundational soccer skills learned in toddler and preschool classes. Individual and team skills will be worked on throughout the class.

TENNIS SKILLS

In partnership with United States Tennis Association, this program is designed for kids to learn, rally and play quickly. This program will use smaller courts, slower bouncing balls, and rackets that are sized for a child. Equipment will be provided.

VOLLEYBALL SKILLS

We're rallying for all volleyball players looking to improve their skills. Each class will focus on fundamentals, while also enjoying game play to implement their skills.

TAE KWON DO

TAE KWON DO

The Dragons Training Center offers instruction in Taekwondo, a martial art hailing from Korea. We teach our students self-discipline, focus, and control--both mentally and physically. Our Kukkiwon certified instructors ensure that students receive necessary guidance to better themselves as people. We encourage anyone ages 6 and up to participate; families are especially welcome. Go to our website at ww.dtcwi.com for more information.