

SWIM, SPORTS AND PLAY

Youth Sports at Deer Path



Tumble and Sport Class

2-4 years

Children spend half the class working on tumbling skills and the other half of class building a foundation in movement utilizing various pieces of sports equipment.

2-3 year olds (parent may stay)

Friday 9:30-10:15 am

3-4 year olds

Friday 10:15-11:00 am

Girl Power!

4-6 years

Designed for girls, sports include soccer, basketball, softball, hockey, and more.

Thursday 10:00-11:00 am

Score!

4-6 years

This class is for the kid with lots of energy! Floor hockey, soccer and pillo polo, focusing on scoring goals and team play.

Tuesday 1:00-2:00 pm

Indoor T-Ball

4-6 years

Focusing on basic skills of baseball including hitting, throwing, catching and base running.

Thursday 9:15-10: am

Sneaker Jam

3-4 years

Energizing class to introduce kids to exercise through a variety of sports and gym games.

Monday 11:00-11:45 am

Tuesday 1:00-1:45 pm

All-Sports

4-6 years

Designed to introduce children to a variety of sports including soccer, basketball, T-ball, floor hockey and more!

Monday 1:00-2:00 pm

Tuesday 9:15-10:15 am

Extreme Sports

4-6 years

Old school gym is back! Kids will have a blast playing dodgeball, capture the flag, floor hockey, basketball, lacrosse, and more!

Thursday 1:00-2:00 pm

Flag Football

4-6 years

To introduce football to boys and girls at the beginners level. Skills include catching, throwing, chasing, and running.

Friday 1:30-2:30 pm

Soccer Skills

3-5 years

Emphasis on basic skills such as dribbling, kicking, passing and team play.

Tuesday 10:15-11:00 am

Basketball Skills

4-6 years

Focus will be on the fundamentals of basketball skills such as ball handling, passing, shooting and defense.

Monday 2:00-2:45 pm

45 minute classes:		1 hour classes:	
Family Full Member:	\$36	Family Full Member:	\$41
Program Member:	\$59	Program Member:	\$64
Non-Member:	\$82	Non-Member:	\$87

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Pillo Polo

NEW!

8 years and up
Pillo Polo is just like soccer or hockey only it's played with soft, foam sticks. Kids will have a blast playing this exciting new game!
Tuesday 7:00-8:00 pm

Extreme Sports

5-8 years
Capture the flag, dodge ball, Ultimate Frisbee, kickball, extreme soccer, rock climbing wall and more! Weather permitting, class will be held outside.
Wednesday 4:00-5:00 pm

Floor Hockey

4- 6 years and up
Children will work on the fundamentals of stick handling, shooting, passing, defense and team play.
4-6 years Friday 12:30-1:30 pm
6 years + Wed. 6:00-7:00 pm

Dodgeball

7 years and up
Have fun throwing and dodging a soft plastic ball. Join us for one of the newest and most popular sports at the YMCA.
Wednesday 7:00-8:00 pm

Junior Golf Lessons

7-12 years
High Bridge Hills Golf Course Professionals will teach children the fundamentals of golf swing, basic rules, golf etiquette, scoring, putting, chipping, pitching and sand play. Held at High Bridge Hills Golf Club.
Monday 5:45-7:00 pm
Family Full Member: \$125
Program Member: \$150
Non-Member: \$175

Youth Basketball

5-12 years
Excellent for player development! Focusing on ball handling, passing, shooting, defense, team play and sportsmanship.
Bronze Level 5-6 years Tues. 4:00-5:00 pm
Silver Level 7-9 years Tues. 5:00-6:00 pm
Gold Level 10-12 years Tues. 6:00-7:00 pm

HCYMCA Runners

8 years and up
Participants will learn proper running techniques, work on speed and distance. Take cross country runs through the trails at Deer Path Park with experienced instructors.
Wednesday 6:00-7:00 pm

Lacrosse Skills

5-8 years
This is a non-contact skill building class, including throwing, catching, scooping and shooting. Lacrosse sticks provided, although students may bring their own. Weather permitting, class will be held outside.
Wednesday 5:00-6:00 pm

Tennis Kidz

4-10 years
Proper techniques in front hand, back hand, serving, and game rule will be covered. Child must bring his/her own tennis racquet.
4-6 years Thurs. 2:00-2:45 pm
5-7 years Fri. 4:00-5:00 pm
7-10 years Fri. 5:00-6:00 pm

Home School Be-Fit Program

8-12 years
Use of the Be-Fit room for home schoolers and their parents, including youth strength training equipment, a Wii system and instruction by YMCA fitness staff.
Monday - Friday 8:00-9:00 am
Family Full Member: Included
Program Member: \$59

45 minute classes:		1 hour classes:	
Family Full Member:	\$36	Family Full Member:	\$41
Program Member:	\$59	Program Member:	\$64
Non-Member:	\$82	Non-Member:	\$87