



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A LOT IS GOING ON AT THE YMCA

## FALL PROGRAMS YOUTH, FAMILY, SPORTS

The York YMCA offers multiple programs for youth, teens, and families. The sports programs offer a quality sports experience for all skill levels, including practices and games, under the direction of qualified YMCA instructors. **SEE SIDE 2**

Register early online at [rosesymca.org/programs](https://rosesymca.org/programs), at the York YMCA membership desk, or by phone at 717-843-7884 x 260. Financial assistance is available (prior to registering). Stop by the York YMCA front desk at least ten days prior to the start of the program to ask for a financial assistance application.

Contact Doug Markel at 717-843-7884, ext. 263 or [dmarkel@rosesymca.org](mailto:dmarkel@rosesymca.org) for more information.

**WHEN:** SEPTEMBER - DECEMBER 2023  
**WHERE:** York Branch YMCA  
**WHO:** AGES 4 - ADULT



The School District neither encourages nor discourages a student's participation in the activity described herein.

**YMCA OF THE ROSES**  
90 North Newberry Street  
York, PA 17401  
717-843-7884  
[www.rosesymca.org](https://www.rosesymca.org)



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## YOUTH AND TEENS

### **FREE OUTDOOR SOCCER CLINIC**

For those which have not participated in a soccer program before and are considering joining the Outdoor Soccer League. Participants will gain instruction on the fundamentals of soccer in a recreational environment. All attending must register, no later than Sept. 8, online at [rosesymca.org](http://rosesymca.org) or by calling 717-843-7884 x 260. Saturday, Sept. 9 at Small's Athletic Field, 31 Hamilton Ave. Ages 4 - 6 at 9 a.m., ages 7 - 11 at 10 a.m. FREE for all.



### **INTRO. TO SPORTS AND GAMES**

Ages 4-5. Participants will learn and play a variety of sports and games in a recreational and instructional setting, all held inside the York YMCA Branch gymnasium. Register for one session or both. Thursdays, 5-6 p.m.

Session I: Sept. 7-Nov. 2 / Session II: Nov. 9-Jan. 11

\$45/YMCA Members, \$90/Non-Members

### **OUTDOOR SOCCER LEAGUE**

Beginners and experienced participants will learn and enhance their soccer skills including ball handling, passing, shooting and control in an instructional setting through practices and games, all on Saturday mornings. Each day held at the Small's Athletic field. Look for our Indoor Soccer League to begin in Jan. Ages 4 - 5's will be at 9 a.m., ages 6 - 8's at 10 a.m. and ages 9 - 11's at 11 a.m. Coed. Saturdays, September 16 - November 11

\$35/YMCA Members \$70/Non-Members

### **BASKETBALL CAMP (THANKSGIVING BREAK)**

From 8-4 p.m., participants will learn and enhance their basketball skills through instruction and drills in a recreational setting. The day will also include some recreational time in the indoor pool. Participants bring a lunch.

Wednesday, Nov. 22: Ages 6-7

Monday, Nov. 27: Ages 8-10

\$30/YMCA Members, \$60/Non-Members



### **GIRLS INTRAMURAL VOLLEYBALL**

Ages 11-14. This program focuses on instruction in a recreational environment, with pick-up games incorporated toward the end of the session. Great for beginners and/or those which need further fundamental skill enhancement. Sessions offered throughout the school year. Mondays, 6:30 - 8 p.m. Session I: Sept. 11—Nov. 6, Session II: Nov. 13-Jan. 22

\$45/YMCA Members, \$90/Non-Members



### **ALL SPORTS CAMP (CHRISTMAS BREAK)**

From 8-4 p.m., participants will learn and play a variety of sports inside the York YMCA gymnasium. The day will also include some recreational time in the indoor pool. Participants bring a lunch.

Thursday, Dec. 21: Ages 6-7

Friday, Dec. 22: Ages 8-9

\$30/YMCA Members, \$60/Non-Members

### **INTRO TO BASKETBALL (AGES 4-5)**

Ages 4-5. Participants will learn the fundamentals of basketball in a recreational and small group setting. Pick-up games held the last few days. Register for either Mondays or Wednesdays, and one session or both.

Wednesday Sessions: 10-11 a.m., Sept. 6-Nov. 1 / Nov. 8-Jan. 10

Monday Sessions: 5:30-6:30 p.m. Sept. 11-Nov. 6 / Nov. 13-Jan. 22

\$45/YMCA Members, \$90/Non-Members

### **INTRO TO BASKETBALL (AGES 6-8)**

Ages 6-8. For those new to basketball or at a beginners skill level looking to enhance their skills. Also a great class for those at a beginner skill level planning to join the upcoming basketball league. Thursdays, 5-6 p.m. Sept. 14-Nov. 9

\$45/YMCA Members, \$90/Non-Members



### **BASKETBALL LEAGUE**

For beginners and experienced players. Participants will work on basketball skills in an instructional setting through practices and games, held at the York YMCA. Instructors and volunteer coaches follow JRNBA instruction guidelines. Max acceptance so register early. Saturdays, Nov. 18-Jan. 13. For ages 4-5, see "intro. to basketball" listed above.

Ages 6-8: 9 a.m. / Ages 9-11: 10 a.m.

\*After the first day, ages 6-8 will have some days at 10 a.m. and ages 9-11 will likely occur at 11 a.m.

\$45/YMCA Members \$90/Non-Member

### **FENCING**

Fencing for ages 10 through adults at the York YMCA. For further information, go to [rosesymca.org](http://rosesymca.org) or email [kebleecker@comcast.net](mailto:kebleecker@comcast.net)

## TEENS, ADULTS, AND FAMILIES

### **PICK-UP DODGEBALL (TEENS AND ADULTS)**

Join us for recreational dodgeball. Teams formed daily upon arrival. For adults and teens. Adults and teens may attend without the other. Every Saturday beginning Oct. 7, 3:30-4:45 p.m.

Daily drop-in fee of: \$2/YMCA Members / \$5/Non-Members



### **PICK-UP DODGEBALL (YOUTH AND FAMILY)**

Bring the kids in for some recreational dodgeball play. A parent or parents are encouraged to join in. Every Saturday beginning Oct. 7, 2:30-3:30 p.m. Daily drop-in fee of: \$2/YMCA Members, \$5/Non-Members (per participant)

### **FAMILY PICKLEBALL**

Bring the family for some recreational play. On Thur., October 5, an instructor will teach all the rules of the game and how to play. After that, each Thursday will be set aside for family pickleball on the 3 courts inside the York YMCA gymnasium. Every Thursday beginning Oct. 5, 7-8:30 p.m.

Daily drop-in fee of: \$2/YMCA Members, \$5/Non-Members (per participant)



## COMING SOON!

### **DROP-IN ART CLASSES**

Beginning mid-September, each Saturday afternoon will include a different type of art class for ages 4-5, 6-8 and 9-12. No commitment, just a daily drop-in fee. Visit [rosesymca.org/programs](http://rosesymca.org/programs) for details after Aug. 1.