



Greater La Grange YMCA Spring Youth Programs

CLASS

Gamercise

Youth Conditioning

Youth Yoga and Stretch

Youth Speed and Conditioning

Youth Boxing Grades 5-8

Teen Speed and conditioning

Tap Fitness

Intro to Sports: Level 1

Basketball Level 2: Intermediate

Basketball Level 3: Advanced

Soccer Level 2: Intermediate

Soccer Level 3: Advanced

Flag Football Level 2: Intermediate

Flag Football Level 3: Advanced

Volleyball Level 2: Intermediate

Volleyball Level 3: Advanced

Athletic Class Descriptions

Intro to Sports Level 1: Throughout the session YMCA sports staff will teach your child the fundamentals of multiple sports including basketball, soccer and tball. This class will provide the child an opportunity to sample a little of everything the YMCA offers

Basketball Level 2: YMCA sports staff will build upon basic skills that were taught in Level 1, including an introduction to offense and defense.

Basketball Level 3: Take the next step in learning all about basketball. Offense, defense and team play will be the main focus while skills of passing, shooting and dribbling will be incorporated.

Soccer Level 2: Boys and girls will build upon their basic skills from Level 1 while continuing to learn how to dribble, pass, shoot and play fundamental offense and defense.

Soccer Level 3: Boys and girls will take the next stop in soccer by learning strategies of the game. Passing, dribbling, shooting and team play will all be incorporated.

Flag Football Level 2: YMCA sports staff will build upon basic skills taught in Level 1 including an introduction to offense and defense.

Flag Football Level 3: Take the next step in learning all about football. Offense, defense and team play will be the main focus while incorporating strategy.

Volleyball Level 2: Boys and girls will build upon their basic skills from Level 1 while continuing to learn how to pass, set, serve and play fundamental offense and defense.

Soccer Level 3: Boys and girls will take the next step in volleyball by learning strategies of the game. Passing, setting, spiking, serving and team play will all be incorporated.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Greater La Grange YMCA Spring Youth Athletic Leagues

Spring Flag Football League

| CLASS | AGE | DAY(S) | TIME | FEES |
|----------------------|------|--------|-------------|------------|
| Flag Football League | 6-7 | Tu | 6:00-8:00pm | \$65/\$115 |
| Flag Football League | 8-10 | Tu | 6:00-8:00pm | \$65/\$115 |

The YMCA is known for its football leagues. There are two different types of football based on each age group. Each division plays games to enhance each participant's skills in the game of football. The league will begin in April. Practice will take place on Tuesday's while games will take place on Sunday afternoon.

Spring Volleyball League

| CLASS | GRADE | DAY(S) | TIME | FEES |
|-------------------------|----------------------------------|--------|---------|------------|
| Co-Ed Volleyball League | 3 rd -5 th | Sa | 8AM-5PM | \$65/\$115 |
| Co-Ed Volleyball League | 6 th -8 th | Sa | 8AM-5PM | \$65/\$115 |

Bump into the game! Join the Greater LaGrange YMCA Youth Volleyball League where participants will have the opportunity to explore interests through recreational and competitive play. Youths will concentrate on developing fundamentals and passion. Practice will take place once per week and games on Saturdays.

Spring Basketball League

| CLASS | GRADE | Game DAY(S) | TIME | FEES |
|-------|----------------------------------|-------------|---------|------------|
| Co-Ed | PreK-K | Sa | 8AM-5PM | \$65/\$115 |
| Co-Ed | K-1 st | Sa | 8AM-5PM | \$65/\$115 |
| Co-Ed | 2 nd -3 rd | Sa | 8AM-5PM | \$65/\$115 |
| Co-Ed | 4 th -5 th | Sa | 8AM-5PM | \$65/\$115 |
| Co-Ed | 6 th -8 th | Sa | 8AM-5PM | \$65/\$115 |

Join us for another sizzling season of basketball. Greater LaGrange is known throughout the community for its amazing basketball programs. Be part of what everyone is talking about. This 8-week league will teach participants the value of teamwork as well as the skills of basketball. Don't miss your opportunity to sign up today! The Spring league will begin in April. **Divisions and game days/times are subject to change based on number of teams. Games could be played at Indian Boundry YMCA in Downers Grove based on division sizes.**