

WINTER 2020 YOUTH SPORTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MID-WILLAMETTE FAMILY YMCA

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www.ymcaalbany.org

Updated 11/12/2019

Contact:

Sports Director
Derick Olson at youthsports@ymcaalbany.org

TUMBLING

January 5 – February 23

Register December 1 through January 3

If you are interested in learning how to tumble, or want to improve your skill, come try tumbling this season!

Ages: 3-4 (Parent Assisted) & 5-12

Parent/Tot: 12:15-1pm

Beginner Session: Sundays 3:45-4:45pm or
4:45-5:45pm

Interm/Advanced Session: Sundays 2:45-3:45pm

Cost: Members \$50/Guests \$60

VOLLEYBALL ACADEMY Year– Round

Ages: 8-11 (Littles) & 12-16 (Bigs)

Time: Littles: Tuesdays 5-6:30pm

Bigs: Mondays 4:30-6:30pm



Cost: \$30 per child / month to month

CO-ED BASKETBALL

January 6 – February 22

Register now through December 29

At the Y, youth sports aren't just about winning. Kids learn the importance of character values, teamwork, and positive attitude. Our volunteer coaches set the stage for fun, safe, and exciting team play.

Ages: 4-12 Years

Practice: 2x/week for one hour

4 yr old clinic : 2x/week for 30 mins, no games

Games: Saturday mornings/early afternoon

Cost: Members \$55/Guests \$75

4 year olds: Members \$45/Guests \$65



CHEER

January 5 – February 23

Register December 1 through January 3

We've got spirit, how about YOU? These kids will love learning the sport of cheer, and will be able to show off their skills!

Ages: 4-12

Practice: Sundays 1-2:45pm

(Cheer at select basketball games)

Cost: Members \$50/Guests \$70
(includes cheer shirt)

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