

YOUTH SPORTS PROGRAMS

YOUTH BASEBALL/T-BALL

Little Sluggers T-Ball League

Your child will be taught the fundamentals of Tball while emphasizing teamwork and fun! Tshirt included. Meets once a week for 7 weeks. Game time rotates weekly. There will be 2 weeks of practice followed by 5 weeks of games.

East - East YMCA Field

M	Ages 4-6	5:30/6:15/7:00pm
W	Ages 4-6	9:30/10:30am
W	Ages 4-6	5:30/6:15/7:00pm

West - Huegel Jamestown Park

SA	Ages 4-6	9:30/10:30am
		11:30/12:30pm
T	Ages 4-6	5:30/6:30/7:30pm
		M \$24 P \$48

Northeast - 8 weeks.

Volunteer coaches needed.

SA	Ages 4-6	9:00/10:00am
		M \$23 P \$38

Starts June 5th

Little Sluggers Coaches Pitch Leagues

Your child will be taught the fundamentals of baseball while emphasizing teamwork and fun! Child must have participated in a Tball league before entering Coaches Pitch. Meets once a week for 7 weeks. Game time rotates weekly. There will be 2 weeks of practice followed by 5 weeks of games. League begins week of June 14. 7 weeks

East

TH	Ages 5-6	5:30/6:30pm
		M \$24 P \$48

Big Sluggers Machine Pitch League

Your child will play structured games while focusing on the fundamentals, teamwork and fun! Meets once a week for 7 weeks. Game time rotates weekly. There will be 2 weeks of practice followed by 5 weeks of games. League begins the week of June 14.

East

TU	Ages 7-9	5:30/6:30pm
		M \$24 P \$48

West - Huegel Jamestown Park

TH	Ages 7-9	5:15/6:15/7:15pm
		M \$24 P \$48

Northeast - League begins week of May 24th

TH	Ages 7-9	6:00/7:00pm
		M \$27 P \$54

Games start June 3

YOUTH FOOTBALL

West Regent Tackle Football

League starts in August - October.

Grades 4-8	M \$136 P \$186
------------	-----------------

YOUTH BASKETBALL

Girls Open Gym

Join us for this special 9 weeks of basketball instruction, for girls grades 5th-12th who want or need that "little extra" help with their game! Wednesdays, June 16th through August 11th. Everyone must sign in to participate.

West

W	Grades 5-12	7:00-9:00pm
		M \$2 P \$5

On Rookies Basketball

This fun class consists of structured drills and game activities. We use a junior-size ball and lower the hoops to 8 feet for ages 5-6 and 9 feet for ages 7-9 so everyone can succeed!

East

T	Ages 5-6	4:00-4:45pm
T	Ages 7-9	4:45-5:30pm
TH	Ages 5-6	4:00-4:45pm
TH	Ages 7-9	4:45-5:30pm

West

T	Ages 5-6	4:30-5:15pm
T	Ages 7-9	4:30-5:15pm
TH	Ages 5-6	4:30-5:15pm
TH	Ages 7-9	4:30-5:15pm
		M \$40 P \$65

YOUTH GOLF

On Golf Lessons

Golfers will learn grip, putting, driving, chipping, iron shot and golf etiquette. We will meet a couple of days at a local golf course. Must bring your own clubs. 7 weeks.

East - East YMCA Field

TH	Ages 8-16	5:30-6:15pm
----	-----------	-------------

Northeast - location to be announced.

TU	Ages 8-16	5:00-5:50pm
		M \$52 P \$72

Junior Golf

Junior Golfers will learn golf in a fun environment from PGA golf professionals and YMCA staff members at Vitense Golfland.

Week 1: Grip, stance, posture, intro full swing, equipment

Week 2: Full swing with irons, intro to woods

Week 3: Woods, V1 Swing Analysis

Week 4: Full swing review with individual instruction

Week 5: Intro to short game, putting, chipping

Week 6: Par 3 golf course with on course instruction

Week 7: Short game, miniature golf tournament

Week 8: Bunker shots & basic rules

Week 9: On course instruction for par 3 golf course

Week 10: Fun day, prizes & activities

Program runs June 16-August 11.

West - Vitense Golfland

W	Ages 6-10	11:00am-12:00pm
W	Ages 11-14	1:00-2:00pm
		M \$95 P \$115

YOUTH



Online registration starts March 1st - visit ymcadanecounty.org!

M = Members P = Participants

YOUTH SPORTS CONT.

YOUTH GYMNASTICS

Gymnastics

Ideal for budding gymnasts. Join the fun! 10 weeks.

Northeast

M Ages 6-9 6:30-7:30pm
M \$44 P \$88

YOUTH KARATE

On Youth Karate

Rookie

Designed for first time student.

Northeast 9 weeks

M/W Ages 7-12 Junior 3:30-4:10pm

M/W Ages 7-12 Junior 4:20-5:00pm

M/W Ages 4-6 'Lil Dragon Continuing 5:10-5:50pm

M/W Ages 4-6 Beginning 'Lil Dragon 6:00-6:30pm
M \$86 P \$105

Beginning

For beginner to advanced.

Northeast 9 weeks

M/W Ages 13+ 8:00-8:50pm

M \$86 P \$105

Novice/Continuing/Intermediate Orange/Yellow Belt

Northeast 9 weeks

M/W Ages 7-12 6:40-7:10pm

M \$86 P \$105

Continuing/Intermediate Purple/Green Belt

Northeast

M Ages 7-12 7:20-7:50pm

M \$86 P \$105

Youth & Adult - Competition Performance Team

Northeast

F Age 7-Adult 6:00-6:40pm

Continuing Youth & Adult - Kobudo

Northeast 9 weeks

F Age 7-Adult 6:50-7:30pm

M \$35 P \$45

On Karate - Shorin Ryu

Traditional Okinawan techniques which include emphasis on formal exercise (Kata).

West 9 weeks

SA Ages 8-Adult 10:00-12:00pm

M \$46 P \$93

YOUTH TENNIS

Youth Tennis Lessons

Call for more information. 6 weeks

Northeast - Sun Prairie High School Tennis Courts

W Grades 3-5 6:00-6:45pm

W Grades 6-8 6:45-7:30pm

M \$30 P \$60

YOUTH SOCCER

Little Kickers Soccer League

Recreational league will teach basic skills and team work. Begins June 14th - 7 weeks T-shirt included.

West - School Park

T Practice Ages 4-6 5:30/6:15/7:00pm

TH Games Ages 4-6 5:30/6:15/7:00pm

M \$34 P \$66

Mighty Mite Soccer

The Mighty Mite Soccer class will emphasize fundamentals, individual and team skill and actual game play. T-shirt included. 10 weeks. Starts June 15th.

Northeast

T Ages 5-6 5:30-6:00pm

M \$25 P \$50

Big Kickers Soccer League

Three game times depending on schedule. The main emphasis is on participation. Practices and games will be held on the same night. Deadline is June 11. T-shirt included. 9 weeks. Starts June 15th.

Northeast

T Ages 7-9 6:00/7:00pm depending on schedule

M \$28 P \$54

YOUTH

In the event of bad weather . . .

Call the sports line an hour before the program starts.

East 221-1574 ext. 3065

Northeast 834-4373 ext. 6070

West 276-6616 ext. 4068



Proud Supporter of the YMCA