

Bowling League

Light instruction/team play. Improve skills, scores, and sportsmanship. We need parents to help instruct/coach. Starts September 10. 9 weeks. An additional \$2.25 weekly for lane fee. Please come 5 minutes before game. Deadline September 8. Bowl 1 Game.

Northeast-Prairie Lanes, Sun Prairie

F Ages 7-14 4:00pm
M \$21 P \$37

Friday Night Hoops

Get together for pick-up games every 1st, 2nd and 3rd Friday of the month! Must be in before 10:00pm. Cannot come and go. Must be playing basketball to be involved. Participants must have a photo ID.

West

F Grades 5-12 9:30pm-12:00am
M FREE P \$3

Golf Lessons

Golfers will learn grip, putting, driving, chipping, iron shot and golf etiquette. Class held on the East YMCA field. We will meet a couple of days at a local golf course. Additional \$5 for driving range. Must bring your own clubs. Sept 9-Oct 21

East

TH Ages 8-16 5:00-5:45pm
TH Ages 16+ 5:45-6:30pm

Northeast

T Ages 8-16 5:00-5:45pm
T Ages 16+ 5:45-6:30pm
M \$52 P \$72

Inayan Eskrima Self Defense

This co-ed program emphasizes self-defense through traditional Filipino martial arts. The Inayan System Eskrima teaches students practical and effective self-defense skills through the use of equipment and empty-hand techniques. Additional equipment may be required. More information will be given by the instructor.

East

TU/TH Ages 13+ 7:15-9:00pm
M \$50 P \$95

Junior Golf

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

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

Week 2: Full swing with irons, intro to woods

Week 3: Woods, intro to short game

Week 4: Short game & etiquette

Week 5: Miniature golf tournament

Week 6: Par 3 golf course

Week 7: Fun day, prizes, treats & miniature golf

West- Vitense Golflland

W Ages 11-14 4:00-5:00pm
M \$80 P \$100

Karate

Beginning

For beginner to advanced.

East

T/TH Ages 13+ 8:00-8:50pm

Northeast

M/W Ages 13+ 8:00-8:50pm
M \$71 P \$97

Karate - Shorin Ryu

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

West

SA Ages 8-Adult 10:00am-12:00pm
M \$36 P \$72

Tennis Lessons

Learn the basics of tennis. Limited space, sign up early!

Sept 8, 15, 22, 29, Oct. 6, 13.

Northeast

W Ages 8-11 5:45-6:30pm
W Ages 12-14 6:30-7:15pm

Fall I only M \$25 P \$50

Wrestling

West

This coed program for K-8 graders will teach the basic fundamentals, techniques, and skills of wrestling in a positive and fun setting, no prior experience is required. Participants will be divided into age-appropriate groups throughout the program. Assistant Sports Director, Terrance Thompson, 4 year collegiate wrestler, will be assisted by the Memorial High School Wrestling coaching staff. This is a great way to get exposed to a wonderful individual sport. All participants are required to wear headgear. T-shirts included. Program located at Memorial High School Upper Gym. Program runs November 11-January 13.

TH Ages 6-14 6:00-8:00pm
M \$42 M \$84

Northeast-Sun Prairie High School

Great individual sport. No prior experience required. Beginner, intermediate and advanced in American Folk Wrestling are taught by expert instructors. Focus on learning the fundamentals. T-shirt included. Held at High School. Season will run November through March. Meet fees will be in addition to the program fee, and based on the number of events youth is competing in. Call for more information in September.

TBA Grades K-4 6:00-7:00pm

TBA Grades 5-8 6:45-8:00pm

M \$65 P \$85

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