



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO YOUTH SPORTS

RITE-HITE FAMILY YMCA

SOCCER SKILLS

Ages 3-12

Practice will focus on rules of the game, basic positions, lots of touches on the ball, passing, receiving, dribbling and shooting. Players may bring an appropriate sized soccer ball. Shin guards are recommended. Groups are split based on age and ability.

Saturdays - April 22 - June 10

Ages 3-4 9-9:45am
Ages 6-9 10-10:55am
Ages 10-12 10-10:55am

Y Members: \$37; Community Participants: \$47

BASKETBALL SKILLS

Ages 4-12

Practices will focus on dribbling, passing, shooting, defense and basic rules of the game. Sessions may lead up to game play.

Saturdays - April 22 - June 10

Ages 4-5 10:15-11am
Ages 6-9 11-12pm
Ages 10-12 11-12pm

Y Members: \$37; Community Participants: \$47

TRACK & FIELD

Ages 5-12

The focus of this program is to teach basic athletic skills to each runner. Curriculum encompasses youth of all ages and teaches proper running form, phases of sprinting, components of a distance run, field events and hurdles. The program ends with the chance to compete in meets.

Saturdays - April 22 - June 17

Practice 11-11:55am at Rite-Hite Family YMCA
Regional Track Meet June 10 at Grafton High School
State Track Meet June 17 at Whitnall High School

Y Members: \$36; Community Participants: \$47



REGISTER TODAY!

To register call 414-354-9622, or register online at www.ymcamke.org.