



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EVERYBODY PLAYS, EVERYBODY WINS!

Youth Sports Programs
Fall 2017 – Winter 2018
CENTRAL YMCA



OUR PROGRAMS



Our sports programs develop more than skills—they develop character. We offer a variety of programs for youth through league sports. Instructors and coaches—often volunteers and including many parents—emphasize teamwork, cooperation, and developing good values.

For more information, please contact:

Eric Sullivan
Sports & Adaptive Program Director
Eric.Sullivan@ymcasv.org
408 351 6337

or

LeAnn Carrillo
Youth & Family Programs Director
LeAnn.Carrillo@ymcasv.org
408-351-6360

FINANCIAL ASSISTANCE

Central YMCA is a nonprofit organization. Membership and programs are open to everyone. Financial assistance is available. To apply, pick up a confidential application at our member services desk or download one online:

ymcasv.org/central/html/join_financialassistance.html

REGISTRATION

Program Membership is required of all who participate in programs who are not currently Facility Members. New Program Members pay a once yearly fee of \$35, plus the cost of the program.

Register online: ymcasv.org/central



BASKETBALL

AGES 3-17

At Central YMCA, we coach basketball players on fundamentals, technique and confidence so they don't feel the pressure of performance. Participate in a fun environment while working towards passing skills, dribbling, and shooting in a family-oriented, fun atmosphere. Basketball ages 5 and above includes one practice during the week and one game on Saturdays.



LOCATION Central YMCA
1717 The Alameda
San Jose, 95126

BASKETBALL CLINICS: WINTER

Our Y basketball clinics emphasize skill development while applying learned skills in game play. Clinics are organized by age rather than level. Basketball clinics focus on ball handling, passing, defense/rebounding, footwork, shooting and finishing.

AGE	PRACTICE		GAMES*	
BASKETBALL				
3-4	Saturdays	2:30 - 3:30 pm	Saturdays	Practice are games
5-6	Fridays	5:00 - 6:00 pm	Saturdays	8:30 - 10:30 am
7-8	Tuesdays	5:00 - 6:00 pm	Saturdays	9:30 am - 12:30 pm
	Wednesdays	6:00 - 7:00 pm		
	Thursdays	7:00 - 8:00 pm		
	Fridays	6:00 - 7:00 pm		
9-10	Tuesdays	5:00 - 6:00 pm	Saturdays	11:30 am - 2:30 pm
	Wednesdays	6:00 - 7:00 pm		
	Thursdays	6:00 - 7:00 pm		
	Thursdays	7:00 - 8:00 pm		
11-13	Tuesdays	7:00 - 8:00 pm	Saturdays	12:30 - 4:30 pm
	Wednesdays	6:00 - 7:00 pm		
	Thursdays	7:00 - 8:00 pm		
	Fridays	7:00 - 8:00 pm		
14-17	Wednesdays	8:00 - 9:00 pm	Saturdays	3:30 - 5:30 pm

FALL SESSION SEPT. 12 - DEC. 2, 2017

Registration Period: Aug 11 - Sep 11
 First Week of Practice: Sep 12-15
 No Game: Sat, Sep 16 for Basketball 5-17*
 First Game Day: Saturday, Sept 23
 Break Week: Oct 3-7, 2017
 (no practice, no games)
 Last Game Day: Saturday, Nov 18

Ages: 3-4
Fee: \$75 facility member
 \$130 program member

Ages: 5-17
Fee: \$100 facility member
 \$165 program member

Jersey: \$15
 (ages 7+)

WINTER SESSION JAN. 22 - MAR. 31, 2018

Priority Registration for Fall participants: Dec 12-14
 Registration Period: Dec 15 - Jan 15
 First Week of Practice: Jan 22-26
 No Game: Sat, Jan 27 for Basketball 5-17*
 First Game Day: Saturday, Feb 3
 Break Week: Feb 19-24, 2018
 (no practice, no games)
 Last Game Day: Saturday, Mar 31

Ages: 3-4
Fee: \$75 facility member
 \$130 program member

Ages: 5-17
Fee: \$100 facility member
 \$165 program member

Winter Basketball Clinic #1:

Saturday, December 9 (10:00am-2:00pm)

Winter Basketball Girls Only Clinic:

Saturday, December 9 (3:00 pm - 7:00 pm)

Winter Basketball Clinic #2:

Saturday, December 16 (10:00 am-2:00 pm)

Clinic 1 & 2 (each)

Fee: \$75 facility member
 \$100 program member

Girls Only Clinic

Fee: \$75 facility member
 \$100 program member

PRIVATE BASKETBALL LESSONS

AGES 3 AND OLDER

Develop basketball skills no matter what age or position you play. At Central YMCA, we coach basketball players on fundamentals, technique and confidence so they don't feel the pressure of performance. Participate in a fun environment while working towards measurable results.

Please visit our private basketball lesson inquiry page for more information.

1 PLAYER

Fee: \$40 facility member
 \$80 program member

2-5 PLAYERS (each)

Fee: \$30 facility member
 \$60 program member

1 PLAYER (5 pack)

Fee: \$170 facility member
 \$340 program member

2-5 PLAYERS (each) (5 pack)

Fee: \$125 facility member
 \$250 program member

*Game times are estimates only - Subject to Change.

SOCCER

AGES 3-5



At the YMCA, our youth soccer leagues combine elements of fun while emphasizing skill development and good sportsmanship. Participants will be placed on teams ensuring that everyone plays and that all teams have equal ability.




LOCATION Central YMCA - Front Lawn
1717 The Alameda
San Jose, 95126

HANDBALL

AGES 7-16

Students will learn hand/eye coordination, perception, and participation on Central YMCA's indoor handball courts. Youth Handball keeps kids on their toes while emphasizing good sportsmanship. Financial assistance is available.

LOCATION Central YMCA
1717 The Alameda
San Jose, 95126

 For all of our youth sports program policies (including refunds and cancellations), please visit our website.



FALL SESSION SEPT. 16 - DEC. 2, 2017

YOUTH HANDBALL

Registration Period: Aug 11 - Sep 11
First Practice: Saturday, Sept 16
Break Week: Oct 7, 2017 (no practice)
Last Practice: Saturday, Nov 18

Ages: 7-16
Practice: Saturdays 9:00 - 10:00 am
Fee: \$25 facility member
\$50 program member

WINTER SESSION JAN. 27 - MAR. 31, 2018

YOUTH HANDBALL

Priority Registration for Fall participants:
Dec 12-14
Registration Period: Dec 15 - Jan 15
First Practice: Saturday, Feb 3
Break Week: Feb 24, 2018 (no practice)
Last Practice: Saturday, Mar 31

Ages: 7-16
Practice: Saturdays 9:00 - 10:00 am
Fee: \$25 facility member
\$50 program member

FALL SESSION SEPT. 16 - DEC. 2, 2017

YOUTH SOCCER

Registration Period: Aug 11 - Sep 11
First Practice: Saturday, Sept 16
Break Week: Oct 7, 2017 (no practice)
Last Practice: Saturday, Nov 18

Ages: 3-5
Practice: Saturdays 9:00 - 10:00 am
10:00 - 11:00 am
Fee: \$75 facility member
\$130 program member

VOLUNTEER

BECOME A VOLUNTEER COACH

We offer year-round opportunities to help develop and mentor youth in sports. All YMCA youth sports teams are coached by volunteer coaches. Many volunteers are parents who have children on the team. All coaches attend trainings and workshops and are fingerprinted and background checked to become certified as YMCA coaches.

There are many volunteer activities within the youth sports program to choose from, including leading a team as a coach or an assistant coach, refereeing, passing out newsletters, managing a time clock, and assisting with season celebrations.



Interest in volunteering? Contact:
leann.carrillo@ymcasv.org
408-351-6360

or visit

www.ymcasv.org/central/html/volunteer.html



PARENT ORIENTATION

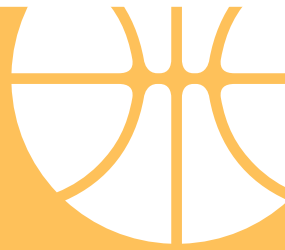
We will be holding youth sports parent orientation meetings for parents or guardians who want to learn more about our youth sports program. Topics covered will include: how to register and select your team, season dates, league rules and guidelines, and answer any questions you may have.

We recommend all new sports parents or guardians should attend this orientation session.

PARENT ORIENTATION 1 – Wednesday, August 9, 2017
6:30 – 7:30pm in Multipurpose Room A (upstairs)

PARENT ORIENTATION 2 – Wednesday, December 13, 2017
6:30 – 7:30pm in Multipurpose Room A (upstairs)

HOW TO BE A TEAM PLAYER



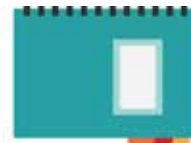
OUR CORE VALUES

Being part of the YMCA family means all players, parents, coaches, and referees will uphold our core values of caring, honesty, respect, and responsibility.



WEAR SUNSCREEN

Keep your skin safe by applying sunscreen of SPF 30 or higher when you play outdoors. Prevent sunstroke by wearing hats and sunglasses.



OUR RULES

Encourage players to always play according to the rules.

POSITIVE REINFORCEMENT

Never ridicule or scold a child for making a mistake during a game or practice.

Instead, praise what they did well.



STAY HYDRATED

Drink plenty of water to keep yourself hydrated while participating in all outdoor activities, especially on hot days.

GIVE TO OTHERS

Together we can empower families and children to learn, grow and thrive. By giving to our Annual Campaign, you can help make a difference. **Your gift will help our community and everyone in it shine.**



HAVE FUN

Youth sports leagues at the YMCA are built around having fun. You can help us make this season enjoyable.