



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE A PART OF THE TEAM

Youth Sports Programs
Summer 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



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



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 – Thursday, June 14, 2018
6:30 - 7:30pm in Multipurpose Room A (upstairs)

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 Front Lawn
Central YMCA
1717 The Alameda
San Jose, 95126

SUMMER SESSION JUL. 4 - AUG. 25, 2018

YOUTH SOCCER

Priority Registration for Spring Participants:
Jun 8 - 10
Registration: Jun 11 - Jul 11
First Practice: Saturday, Jul 14
Last Practice: Saturday, Aug 25

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

T-BALL

AGES 3-5



America's pastime begins at the YMCA. This program will encourage development of hitting, throwing and base running. Above all, we want your child to enjoy t-ball and have fun.

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

SUMMER SESSION JUL. 14 - AUG. 25, 2018

YOUTH T-BALL

Priority Registration for Spring Participants:
Jun 8 - 10
Registration: Jun 11 - Jul 11
First Practice: Saturday, Jul 14

Last Practice: Saturday, Aug 25
Ages: 3-5
Practice: Saturdays 11:00 am - 12:00 pm
Fee: \$75 facility member
\$130 program member

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



PRIORITY REGISTRATION

Priority Registration allows spring 2018 participants the opportunity to register for the upcoming spring season before any new participants. Priority registration will take place June 8-10. Priority registration will be in person only at our member services office. Ineligible enrollments will be emailed and given a refund.

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

SUMMER SESSION JUL. 10 - AUG. 25, 2018

Priority Registration for Spring participants:
Jun 8-10

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

Registration Period: Jun 11 - Jul 11

First Week of Practice: Jul 10-14

No Game: Sat, Jul 14 for Basketball 5-17*

First Game Day: Saturday, Jul 21

Last Game Day: Saturday, Aug 25

Ages: 5-17
Fee: \$95 facility member
\$170 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

INSTRUCTORS

ELIJAH DEVONSHIRE-ARMS

Elijah Devonshire-Arms is our current Youth Sports Gym Supervisor and has been playing basketball for 15+ years. He has coached for 5 years and specializes in working with younger basketball players, advanced training, footwork, ball handling, shooting, defense, and athleticism.

BENJAMIN TSAI

Benjamin Tsai is a current Youth Sports Referee and Private Basketball Coach. He has played basketball for 12+ years. He specializes in working with youth age range of 9-17.

SPORTS RETURN POLICY

If request is made before the first week of practice, a full refund will be given. Inside of the first week of practice, a YMCA credit will be issued. Refunds or credits will not be allowed after practice has been in session for three weeks. Season long injuries with a doctor's note before the third game will be given a prorated credit. For special considerations, please contact the sports director. There will be no make up or refund for missed practices/games.


*Game times are estimates only - Subject to Change.

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.



SUMMER SESSION JUL. 14 - AUG. 25, 2018

YOUTH HANDBALL

Priority Registration for Spring participants:
Jun 8-10

Registration Period: Jun 11 - Jul 11

First Practice: Saturday, Jul 14

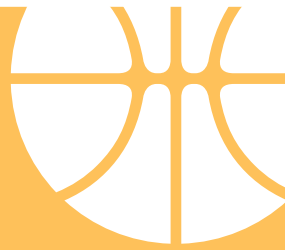
Last Practice: Saturday, Aug 25

Ages: 7-16

Practice: Saturdays 9:00 - 10:00 am

Fee: \$25 facility member
\$50 program member

HOW TO BE A TEAM PLAYER



WELL DONE

Applaud good plays by your own team AND the opposing team.



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.



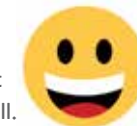
OUR RULES

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.