



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING SKILLS CONFIDENCE & CHARACTER

Youth Sports  
PALO ALTO FAMILY YMCA



## LITTLE SPORTSTERS (Ages 2 - Kindergarten)

Little Sportsters is a drop-in class that teaches young children how to have fun and socialize while learning the fundamentals and rules of basketball, soccer, field games and t-ball.

Drop-in. FREE with facility membership.

### Ages 2-3

#### Thursdays

| Date                     | Time           |
|--------------------------|----------------|
| September 8 - October 27 | 3:00 - 3:30 pm |
| January 19 - March 8     | 3:00 - 3:30 pm |

#### Saturdays

| Date                      | Time           |
|---------------------------|----------------|
| September 10 - October 29 | 3:00 - 3:30 pm |

### Ages 4-5

#### Thursdays

| Date                     | Time           |
|--------------------------|----------------|
| September 8 - October 27 | 3:30 - 4:00 pm |
| January 19 - March 8     | 3:30 - 4:00 pm |

#### Saturdays

| Date                      | Time           |
|---------------------------|----------------|
| September 10 - October 29 | 3:30 - 4:00 pm |



# Youth Sports



At the Y, we believe the values and skills learned early on are vital building blocks for quality of life. In our youth sports programs, children and teens engage in positive, fun activities that build athletic, social and interpersonal skills. We focus on safety, fair play and good sportsmanship. Everyone plays. Everyone practices. Everyone contributes to the team's success.

We encourage parent involvement, including volunteering as a coach, official, timekeeper or team parent, as we work together to support your child.



## WINTER BASKETBALL LEAGUE (Grades K-8)

Our Winter Basketball League demonstrates high standards of ethics and sportsmanship and promotes the development of good character. Players learn and apply the fundamentals of passing, shooting, dribbling, teamwork, offense, and defense.

Register October 3 - December 3  
No team or coach requests after December 3

### Saturdays

| Date                 | Time        |
|----------------------|-------------|
| January 2 - March 17 | Times vary* |
| Fee                  |             |
| Facility Member      | \$100       |
| Program Member       | \$130       |

## YOUTH BASKETBALL CLINIC (Grades 1-6)

Sharpen your skills for the upcoming basketball season or learn a new sport. Clinics are fast-paced, emphasizing team fundamentals and individual skills.

### Saturdays

| Date                     | Time           |
|--------------------------|----------------|
| October 1 - 29           | 4:00 - 5:30 pm |
| November 5 - December 10 | 4:00 - 5:30 pm |
| Fee                      |                |
| Facility Member          | \$100          |
| Program Member           | \$130          |
| No clinic 11/26          |                |

\*K-2 Practice and game on Saturday  
3-8 One weekday practice and game on Saturday

## YOUTH MARTIAL ARTS (Grades 1-6)

Kenpo is a style of Martial Arts that incorporates hands and feet equally. Kenpo has a number of forms with a unique characteristic of having circular and linear movements.

Your child will have fun through activities that enhance coordination, agility, balance, and a cardio workout.

### Beginner (Grades 1-4)

#### Fridays

| Date                     | Time           |
|--------------------------|----------------|
| September 9 - October 7  | 3:30 - 4:15 pm |
| October 14 - November 11 | 3:30 - 4:15 pm |
| January 6 - February 3   | 3:30 - 4:15 pm |
| February 24 - March 23   | 3:30 - 4:15 pm |
| March 30 - May 4         | 3:30 - 4:15 pm |
| Fee                      |                |
| Facility Member          | \$96           |
| Program Member           | \$122          |

No classes 11/18, 2/17, 4/6

### Intermediate (Grades 4-6)

#### Fridays

| Date                     | Time           |
|--------------------------|----------------|
| September 9 - October 7  | 4:15 - 5:00 pm |
| October 14 - November 11 | 4:15 - 5:00 pm |
| January 6 - February 3   | 4:15 - 5:00 pm |
| February 24 - March 23   | 4:15 - 5:00 pm |
| March 30 - May 4         | 4:15 - 5:00 pm |
| Fee                      |                |
| Facility Member          | \$96           |
| Program Member           | \$122          |

No classes 11/18, 2/17, 4/6