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.

OUR RULES
Encourage players to always play according to the rules.

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.

POSITIVE REINFORCEMENT
Never ridicule or scold a child for making a mistake during a game or practice. Instead, praise what they did well.

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.

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

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

EVERYBODY PLAYS
EVERYBODY WINS
Youth Sports Programs
Winter 2019
CENTRAL YMCA
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

**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

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**OUR PROGRAMS**

"The focus on sportsmanship and teamwork at a young age is important and it is emphasized at the Y. Other programs don’t make it an integral part of the program. This is something that will stay with the kids forever.”

— Y Sports Parent

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**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:
eric.sullivan@ymcasv.org
408-351-6337

"Coach and the volunteers were incredibly caring and embodied strong youth development principles, getting to my child’s level, looking out for all the children, encouraging them, listening to them and reinforcing basketball skills. Even when the kids were not focused, the coaches would gently nudge them back to focus by demonstrating, working with them and showing that adults care about kids at the YMCA. It was a fun experience and the involvement of the parents as partners in skill building was great!"

— Y Sports Parent

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**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 –**
Tuesday December 18, 2018
6:30 - 7:30pm in Multipurpose Room A (upstairs)
BASKETBALL CLINICS
AGES 5-14
YMCA sports staff will lead athletes to better their basketball skills in a fun environment. Not only will they sharpen their basketball skills, but make some friends along the way.

WINTER CLINICS  DEC. 8 & DEC. 15
Fee: $50 facility member / $100 program member

<table>
<thead>
<tr>
<th>AGES</th>
<th>DATE</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>CLINIC #1</td>
<td>5-7       Saturday, December 8</td>
<td>9:00 am - 12:00 pm</td>
</tr>
<tr>
<td>CLINIC #2</td>
<td>8-10      Saturday, December 8</td>
<td>12:30 pm - 3:30 pm</td>
</tr>
<tr>
<td>CLINIC #3</td>
<td>11-14     Saturday, December 8</td>
<td>4:00 pm - 7:00 pm</td>
</tr>
<tr>
<td>CLINIC #4</td>
<td>5-7       Saturday, December 15</td>
<td>9:00 am - 12:00 pm</td>
</tr>
<tr>
<td>CLINIC #5</td>
<td>8-10      Saturday, December 15</td>
<td>12:30 pm - 3:30 pm</td>
</tr>
<tr>
<td>CLINIC #6</td>
<td>11-14     Saturday, December 15</td>
<td>4:00 pm - 7:00 pm</td>
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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  JAN. 26 – MAR. 30, 2019
YOUTH HANDBALL
Priority Registration for Fall participants: Dec 14-16
Registration Period: Dec 17 – Jan 17
First Practice: Saturday, Jan 26
Break Week: Feb 18-23
Last Practice: Saturday, Mar 30

<table>
<thead>
<tr>
<th>Ages</th>
<th>Practice</th>
<th>Fee</th>
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<tbody>
<tr>
<td>7-16</td>
<td>Saturdays 9:00 - 10:00 am</td>
<td>$25 facility member / $50 program member</td>
</tr>
</tbody>
</table>
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 fall 2018 participants the opportunity to register for the upcoming winter season before any new participants. Priority registration will take place December 14–16. Priority registration will be in person only at our member services office. Ineligible enrollments will be emailed and given a refund.

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**WINTER SESSION**
JAN. 21 – MAR. 30, 2019

**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.

**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.

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**AGE** | **PRACTICE** | **GAMES**
---|---|---
3-4 | Saturdays 2:30 - 3:30 pm | Saturdays Practice are games
5-6 | Fridays 5:00 - 6:00 pm | Saturdays 8:00 am - 12:00 pm
7-8 | Tuesdays 6:00 - 7:00 pm, Wednesdays 5:00 - 6:00 pm, Thursdays 5:30 - 6:30 pm, Fridays 6:00 - 7:00 pm | Saturdays 10:00 am - 1:00 pm
7-9 | Tuesdays 5:00 - 6:00 pm | Saturdays 10:00 am - 1:00 pm
9-10 | Tuesdays 6:00 - 7:00 pm, Wednesdays 5:00 - 6:00 pm, Thursdays 5:30 - 6:30 pm, Fridays 6:00 - 7:00 pm | Saturdays 12:00 - 3:00 pm
11-13 | Tuesdays 7:00 - 8:00 pm, Wednesdays 7:00 - 8:00 pm, Thursdays 6:30 - 7:30 pm, Fridays 7:00 - 8:00 pm | Saturdays 2:00 - 6:00 pm
14-17 | Fridays 8:00 - 9:00 pm | Saturdays 4:00 - 7:00 pm

*Game times are estimates only - Subject to Change.*