

Youth Development

PARENT/CHILD

Toddler Adventure Open Gym (Ages 6 Months-4 Years)

Focuses on fun as youngsters crawl, roll, jump and explore. Children must participate with parent or caregiver. Held in Gymnastics Center, air conditioned gym. *No refunds or credits.*

Mar–Jun

Mon, Wed, Thu, Fri 9:00-11:00a

\$10/day

***NEW: Also 1st & 3rd Sun Every Month**



Parent & Child Indoor Soccer (Ages 3-5)

Prepares child for organized sports.

Parents work with their child helping them to learn basic motor skills like passing, dribbling, shooting and footwork. Each new child will receive a ball. *Program fee non-refundable.* Upper Gym.

Mar 5–Jun 4

Sat 9:00-9:45a

Members: \$210

Non-members: \$250

Parent & Child Indoor T-Ball (Ages 3-5)

Baseball Fundamentals will be the focus of this program. *Program fee non-refundable.* Upper Gym.*

Mar 5–Jun 4

Sat 10:00-10:45a

Members: \$210

Non-members: \$250



Dribbling with Dad (Ages 4-6)

A basketball program for parent and child. Lower baskets are used. Upper Gym. Instructor Ron Christy.

Mar 5–Jun 4

Sun 11:00-11:45a

Members: \$210

Youth Development

SPORTS & RECREATION

Fun with Art (Ages 5-7)

Experiment with drawing, painting, paper mache, collage and sculptures. This class is noncompetitive, safe and FUN!

Mar 11–May 6

Fri 4:00-4:45p

Members: \$100



No youth classes:

Apr 18-24 - Spring Recess

May 30 - Memorial Day

Yoga Kids (Ages 6-8)

This fun engaging class explores yoga poses, breathing techniques, games and relaxation exercises. Children will develop body awareness, strength, flexibility and self-confidence.

Feb 28–Jun 13

Mon 4:00-5:00p

Members: \$180

Karate Kids

Teach your child to have a lifelong commitment to health and personal integrity. Tang Soo Do Karate provides the tools children need to strengthen their minds and bodies. Children who train in karate show improvement in self-esteem, confidence, and self-control, and learn respect for themselves and others. Tang Soo Do training provides the physical skills and the mental preparedness needed in confrontational interactions with others. The purpose of Tang Soo Do Karate is the development of every aspect of the self.

Mar 3–Jun 16

Thu 5:00-6:00p

Members: \$225

Little Lacrosse (Ages 3-5)

Boys and girls gain confidence and have fun learning lacrosse skills. Cradling, shooting, throwing, catching and game play are all part of this 45 min. program. Parents provide stick. Limit 10 children.

Lower Gym.

Feb 28–May 2 (8 weeks)

Mon 2:00-2:45p

Fee: \$55/members

\$95/non-members

Introduction to Archery (Ages 7-12)

Seven weeks of fun teaching archery basics in care and use of equipment while developing self-confidence and discipline. All equipment is provided. Class limited to twelve. Upper Gym.

Mar 1–Apr 12

Tue 4:00-5:00p

Fee: \$55/members

\$95/non-members

Youth Floor Hockey (Grades 1-3) (lower gym)

Mar 3–Apr 28 (8 weeks)

Thu 4:00-5:00p

Fee: \$55/members

\$95/non-members

Youth Development

SPORTS & RECREATION

Basketball FUNDamentals

An introduction to the basics of Basketball. Trophy for participants.

Upper Gym. Parents do not stay.

Feb 28–Jun 19

Kids FUNDamentals (Ages 4-5)

Low key teaching of the basics.

Dribble, shoot, pass.

Mon 2:00-3:00p

Fri 2:00-3:00p

FUNDamentals I (Grades 1-4)

Game Introduction. For first and second time participants.

Mon 4:00-5:00p

Wed 4:00-5:00p

Wed 5:00-6:00p

FUNDamentals II Junior Elite Program

Designed for children with 2 years previous experience. Upper Gym.

By invitation only.

Thu 4:00-5:00p (Grades 2-3)

Thu 5:00-6:00p (Grade 4)

FUNDamentals III (Grades 5-8)

Game situations and rules will be taught.

Excellent preparation for the player preparing for junior league play.

Mon 5:00-6:00p

**All FUNDamental Class Fees:
\$310 (Membership Required)**



Youth Basketball (18 & Under) Open Basketball

Open basketball in the lower gym is for full-court games provided 10 or more people are present. Open basketball in the upper gym is for shooting purposes.

No full-court games are allowed if someone just wants to shoot.

“Let’s Play!”

Basketball for 1st, 2nd, 3rd and 4th graders. Teaching of basics and game introduction. Upper Gym.

Sun 9:00-10:00a – 1st Grade

Sun 10:00-11:00a – 2nd Grade

Sun 12:00-1:00p – Grades 3 & 4

Membership required

Summer Basketball Camp (Ages 7-14) Boys and Girls

One week of basketball Camp Fun. The camp offers sound basketball foundation for beginners and string challenges for advanced players. We guarantee you a great basketball camp experience!

Session I: Jun 27-Jul 1

Session II: Jul 11-15

Session III: Aug 15-19

Mon-Fri

9:00a-12:00n

Fee: \$155/wk members

\$200/wk non-members

Healthy Living

SPORTS & RECREATION

RACQUET SPORTS

Racquetball & Squash

Reservations

Members may reserve court time two days in advance every day of the week except on Fridays when a court can be reserved for Saturday, Sunday or Monday.

Cancellations

All courts reserved for the morning hours must be cancelled the prior evening. All other courts must be cancelled at least four hours prior to the scheduled reservation.

Eyewear

The Family Y requires the use of protective eyewear by racquetball or squash players.

Racquetball Ladder Competition

Join our Y-ladder! All levels are welcome. Starts in October and runs through May 2011. Join seasoned amateur players and rank beginners. All can benefit from some spirited competition. Applications are available at the Member Service Desk. Members only.

Adult Badminton

Open to all members. For more info, call the Senior Director, Membership at 203-226-8981 x161. No fee. Upper Gym.

Thu 12:00-3:00p

Sat 12:30-2:00p

Table Tennis

Open to all members. For more info, call the Senior Director, Membership at 203-226-8981 x161. Upper Gym.

Tue 1:00-4:00p



Adult/Teen Karate

Learn self-discipline and self-confidence while building self-esteem through the unification of the mind, body and spirit. Tang Soo Do, a Korean martial art, emphasizes foot and hand strikes, incorporating them in forms, which allows for an organic approach to self-defense. Beginner level class.

Mar 1–Jun 16

Tue & Thu 7:00-8:00p

Members: \$360

SPORTS & RECREATION

Recreational Volleyball

Provides an opportunity for everyone to play volleyball. Beginners and novices welcome.

Mar 3–Jun 16

Thu 8:00-10:00p

Members: Free

Non-members: \$137 session

Drop-in: Non-members: \$15/night

Register at desk prior to play time, bring your pass to the gym.

Power Co-ed Volleyball League

For advanced players. 18 years or older. Tuesday and Friday evenings in Lower Gym. Tryouts anytime. League includes regular play. Instructor: Dalton Ghetti.

Mar 1–Jun 14

Tue 7:00-10:00p

Fri 7:00-10:00p

Members: \$137

Non-members: \$177

Drop-in: \$15

Introduction to Fencing (Ages 11+)

Introduction to the art of fencing.

Contact not allowed without protective masks and clothing. Indoor sneakers required. For fencers with less than one year experience. Lower Gym.

Mar 2–Jun 14

Wed 4:00-4:45p

Advanced Beginner Fencing (Ages 11+)

Entry requires approval from instructor and minimum of six months prior instruction. Lower Gym.

Mar 2–Jun 14

Wed 4:45-5:45p

Intermediate Fencing (Ages 11+)

Entry requires approval from instructor and minimum of one year of classes. Class geared towards preparing students for competition. Bresslin Room.

Mar 2–Jun 14

Mon 7:30-8:30p

Fencing Privates

Available to ages 11-adult. Contact Sally Silverstein at 203-226-8981 x118.

Fencing Program Fees

Members: \$260

Non-members: \$300

***Additional equipment fee**

Adult Basketball

Held in the lower gym. When 10 or more people are present, full-court games are played. When there are fewer than 10 people, only half-court games and open shooting are allowed.

