

SPORTS & REC

BASKETBALL

Basketball clinics will use the full court of the Gymnasium if there are more than 12 participants. All basketball clinics are lead by CT Premier Hoops Development.

Basketball Skills School

A strict focus on skill development for beginners. Each week coaches will expand on the drills. Scrimmages may be introduced by the end of the session.

COED

Grade K-2	Mon	4:30-5:15 pm
	Sat	9:00-10:00 am
Grade 3-5	Sat	10:00-11:15 am

GIRLS ONLY

Grade 3-5	Wed	4:30-5:30 pm
Member Fee:		\$200
Non-member Fee:		\$300

Shooting Clinics

Drills and skills will focus on shooting off screens and the dribble. Players will get hundreds of shots during each class.

Grade 3-5	Fri	4:30-5:30 pm
Grade 6-8	Mon	5:30-6:45 pm
Member Fee:		\$200
Non-member Fee:		\$300

Shooting Clinics feature the use of a Basketball Shooting Machine.

Middle School Rec

Come with a team or join a group when you arrive. Games will be officiated by PHD coaches.

COED

Grades 5-6	Tue	5:30-7:00 pm
	Fri	5:30-7:00 pm
Grades 7-8	Wed	5:30-7:00 pm
	Thu	5:30-7:00 pm

Member Fee:	\$175
Non-member Fee:	\$250

Adult Basketball

Mon-Fri	5:30-7:30 am	Full Court
	12:00-2:00 pm	Full Court
Sat	7:00-8:30 am	Full Court
Sun	7:30-9:00 am	Full Court

SOCCER

Soccer clinics will run on the North Court of the Gymnasium.

Tiny Toffees (Soccer)

Parents are welcome to stay for this introductory class, but it is not required.

Age 3-5	Tue	2:00-3:00 pm
Member Fee:		\$190
Non-member Fee:		\$280

MULTI-SPORT

All-Star Sports

Each week, YMCA coaches will introduce and play a new sport or game. Parents are asked to stay and play with the kids!

Age 3-5	Tue	4:30-5:15 pm
	Thu	2:30-3:15 pm
	Sat	11:30-12:15 pm

Member Fee:	\$175
Non-member Fee:	\$250

MVP Sports

Each week, YMCA coaches will introduce and play a new sport or game. Parents are may stay and play with the kids or enjoy a workout while the kids have fun!

Grade K-2	Thu	4:15-5:15 pm
	Sat	12:30-1:30 pm

Member Fee:	\$175
Non-member Fee:	\$250

LACROSSE

Lacrosse clinics will run on the North Court of the Gymnasium.

Pee Wee Lacrosse

Parents are welcome to stay for this introductory class, but it is not required.

Age 3-5	Tue	3:30-4:15 pm
	Thu	3:30-4:15 pm

Member Fee:	\$175
Non-member Fee:	\$250

FENCING

Beginner Fencing

Balance, footwork and blade control are the fundamentals taught in these age appropriate classes.

Ages 5-7	Fri	4:00-4:45 pm
Age 8-10	Fri	5:00-5:45 pm
Age 11-18	Fri	6:00-6:45 pm
Age 18+	Fri	7:00-7:45 pm

Member Fee:	\$115
Location:	Studio B

Intermediate Fencing

Beginner Fencing is a pre-requisite for Intermediate Fencing. Instructor evaluation is required for registration.

Ages 10-15	Sun	3:00-4:00 pm
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Member Fee:	\$115
Location:	Studio B

Instructor will communicate equipment needs prior to first class.

KARATE

Karate Kids

Tang Soo Do karate provides the tools that children need to strengthen their spirit, mind & body.

Ages 5-10	Thu	5:00-6:00 pm
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Member Fee:	\$115
Location:	Studio C

Adult/Teen Karate

Self-confidence and discipline are learned in this beginner course.

Ages 11+	Tue	7:00-8:00 pm
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Member Fee:	\$115
Location:	Studio A

VOLLEYBALL

Volleyball

Volleyball is free for YMCA members and open to non-members, as well. Dalton Ghetti organizes games and provides instruction.

Recreational	Tue	7:00-10:00 pm
Intermediate	Thu	7:00-10:00 pm
Advanced	Fri	7:00-10:00 pm

Member Fee:	Free
Non-member Fee:	\$10 drop-in