

PRIVATE SPORTS LESSONS

We offer private sports lessons for youth ages 3-16. Sports include baseball, football, basketball, or soccer.

Please contact the Program Director at your local branch to set up date(s) and time(s).

- One ½ hour session:
Member \$15,
Guest \$25
- Five ½ hour sessions:
Member \$50, Guest \$80

YOUTH SPORTS

ABOUT OUR LEAGUES

Our philosophy is to provide a fun, safe, and low-competitive environment for our participants. We stress the importance of fair play, teamwork, and sportsmanship.

Our teams are developed for players to learn essential skills and focus on team play and character development. The programs

are designed for everyone to play and participate.

Ages 3-4, 5-6, 7-8, 9-11, 12-14 and 15-18, still in high school.

Leagues offered seasonally include:

- T-Ball/Coach Pitch – Spring II / Summer I
- Basketball – Fall II / Winter / Spring I

- Soccer – Spring II / Summer I / Fall I
- Flag Football – Fall I / Spring II
- Cheerleading – Fall I / Fall II / Winter / Spring I
- Dodgeball – Fall II / Winter / Spring I
- Floor Hockey / Winter.

*League offerings may vary slightly by branch. Please check www.clevelandyca.org or call your local branch for current information.

LEADERS CLUB

Leaders Club is a nationally recognized program offering kids in grades 6-12 the chance to interact in their community while developing skills and self-esteem. Club meets weekly and participates in monthly community activities.

SPORTS SKILLS CLASSES

Sports classes feature a “games approach” to learning and provide an array of innovative resources designed to not only teach sports skills more effectively but also to teach young people to become better adults. The curriculum includes sports tactics, sports skills, rules and traditions of the sport, fitness and safety concepts and character development.

Classes are divided into three age groups:

- Ages 3-5: YMCA Tots instructional program
- Ages 5-8: YMCA Rookies instructional program
- Ages 8-12: YMCA Winners values-based competitive program.

The skills program features the following qualities:

- More emphasis on teaching skills than on winning
- Use of planned curriculum to learn skills in developmentally appropriate sequences

- The “games approach” to learning sports, a more enjoyable, effective approach

The YMCA offers skill classes in:

- Cheerleading
- Baseball/T-Ball
- Basketball
- Flag Football
- Soccer
- Sports Combo
- Gymnastics
- Tennis
- Floor Hockey

*Skills Class offerings may vary slightly by branch. Please check www.clevelandyca.org or call your local branch for current information.

ADVENTURE PROGRAMS



YMCA Adventure Guides is for parents (or other significant adults) and children, ages 5 through 9. The program helps foster a lifetime of understanding and companionship and to strengthen the relationships between children and adult family members.

Currently, we have nearly 2,100 adults and children

involved in the program, which is offered at the Ridgewood, Southeast, Lakewood, Hillcrest and Geauga YMCAs. The program relies heavily on the dedicated work of parent volunteers to make it one of the YMCA's strongest leadership and volunteer development programs.

Your TIME is the best thing

you can spend on your kids.

Events include:

- Campouts
- Horseback riding
- Sports outings
- Swimming
- Holiday Parties
- Songs & Skits
- Pinewood Derby car racing

- Many more group activities.

Whether it is Mother, Father, Grandparent, or Guardian with Sons, Daughters or both all are welcome to the YMCA Adventure Program to create great memories together.

MARTIAL ARTS (5-ADULT)

A physically interactive program set-up to provide information, technique and practice to children and adults. This program offers both didactic and practical lessons. There will be shared information, demonstration, simulation and a review of personal self defense tools that you may not even realize you have.

Check out our Martial Arts Programs:

- Isshinryu
- Tae Kwon Do
- Aikido
- Shotokan
- Self Defense.

* Martial Arts styles and offerings may vary slightly by branch. Please check www.clevelandyca.org or call your local branch for more information.

PARENT NIGHT OUT

Parents drop off their children at the YMCA for an evening of fun that may include dinner or snack, arts and crafts, swimming, movies and other structured activities based on the evening theme.

* Parent Night Out time and date offerings may vary by branch. Please check www.clevelandyca.org or call your local branch for more information.

SUMMER SPORTS CAMP

YMCA Sports Camp is for kids ages 6-12 and focuses on improving sports skills through teamwork and friendly competition. There are a variety of sports to choose from, with each session lasting one week. Sports campers are given the opportunity to learn and develop new skills and play games. Each camp has lunch, snack, skills sessions, and games. Pool time is scheduled based on branch availability.

FINE ARTS CLASSES

(3-17 YEARS OLD)

Fine Arts Classes are aimed at advancing your children's and teens' innovative and creative thinking! We aspire to enrich youth development through positive expression in the performing and visual arts.

Check out our Fine Arts Programs:

- Dance
- Theatre/Acting
- Art
- Guitar
- Dance Camp.

* Fine Arts Class offerings may vary slightly by branch. Please check www.clevelandyca.org or call your local branch for current information.

POWER IN PINK

These girls-only leagues, ages 5-8, are parent/child programs that emphasize developing skills, improving self-esteem, learning fair play and having fun while teaching the fundamentals of sports. This league was designed with girls in mind. This program will enrich girl's experiences through team sport with other girls their age. Another great aspect of this program is the engagement of parents, specifically mothers, who are highly encouraged to become volunteer coaches/role models for this division. Sports will include basketball, baseball and soccer.