

WINTER PROGRAMS

2022-2023

Youth Sports

Member Rate / **Non-Member rate**

K - 1st Basketball \$25 /

This 6-week program is held on Thursdays after school from 4:00-4:45. The goal of the program is to learn drills and dribbling games to understand the fundamentals of basketball.

2nd - 3rd Basketball \$30 /

This program goes deeper into the fundamentals of basketball including dribbling, shooting, and defense. Kids will learn how to work as a team and become a more skilled basketball player.

Boys and Girls Traveling

Basketball \$75 / **\$110**

This program brings together boys in 4th-8th Grade. 4th-6th Grades will compete in a local league where they will practice 2 times per week and play in various towns on 5 Saturdays throughout the season. This is a competitive league in which all players are expected to be at every practice in order to compete in games. This program involves traveling to different towns for larger tournaments.

Indoor Soccer 1st - 6th

Indoor Soccer 7th - 12th

This program incorporates a short skill practice followed by a game. Games are fast-paced and allow for more touches on the ball than a traditional soccer game.

Swim Lessons

Member Rate: \$30

Non-Member rate: \$60

Winter Mondays & Wednesday Session 2

Jan. 16th - Feb. 8th

Preschool 1 - 5:35 - 6:05pm

Preschool 2 - 5:00 - 5:30pm

Stage 1 - 5:35 - 6:05pm

Stage 2 (Group A) - 5:00 - 5:30pm

Stage 2 (Group B)- 6:10 - 6:40pm

Stage 3 - 6:10-6:40pm

YMCA swim lessons teach basic life-saving skills in the water as well as development in competitive swimming. Preschool 1 - Stage 3 is designed to focus mainly on safety around the water. Children 3-5 years old start in Preschool 1. Students 6 years and older should start in Stage 1.

Winter Tuesday & Thursday Aqua Tots

Feb. 7th - Mar. 2nd

6:00- 6:30pm

Aqua Tots is a parent-and-child swim lesson for children ages 6m/o - 3 years of age. In the class, students will learn fun games and life-saving skills. An adult must be in the water with their child in this class.

Adult Sports

Men's Basketball - \$300

Men's basketball league will include a 10 weeklong season and then 2 weeks for playoffs. Teams will play once a week on Monday nights and be seeded for playoffs at the end of the season.

Co-ed Volleyball - \$175

Join the YMCA's Adult volleyball leagues. Co-Ed play is scheduled on Tuesday evenings. Matches begin at 6:00pm. Pre-season captain's meeting November 9th at 5:30pm. Registration must be paid by Monday, November 22nd at 7:30pm. Schedules will be sent out to captains/published Tuesday, November 19th.

Season runs week of November 22nd through February 8th
Seeded Playoffs February 8th-22nd

Womens Volleyball - \$175

This program will take place on Thursdays nights in the YMCA Gym starting on November 24th through February 23rd. There will be a captains meeting on November 17th at 5:30. All dues must be paid by November 21st. This will run through early February.

Lifeguard Classes

- December 2nd - 4th, 2022
- January 20th - 22nd, 2023
- February 3rd - 5th

Are you interested in taking the class for FREE? Contact our Aquatics Director at joelle.kielkopf@ymcaworthington.org to find out how!

Christmas Day Camp

Member Rate: \$70
Non-Member rate: \$150

This winter camp is designed to have kids participate in fun crafts and games. This program will run December 26th through December 30th from 10:00am- 5pm. Kids will also have the chance to swim every day during camp.

Homeschool Gym

Member Rate: \$25
Non-Member rate: \$45

Learn new sports and games once a week. This exciting program is open to any Home-schooled youth in the area. Program takes place on Monday afternoons from 1:00-2:30pm.

Personal Training

Whether your goal is to lose pounds/inches, gain strength and balance, reduce stress, increase performance, build muscle/tone, or improve your health, our trainers are dedicated to your success.

For more information please give us a call!

Questions? Contact Us!

507-376-6197

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