



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL 2020 PROGRAMS

## SPORTS PROGRAMS

### SESSION DATES

#### COMPLIMENTARY PREVIEW WEEK:

Monday, September 28 – Saturday, October 3

#### FALL 1:

Monday, October 5 – Sunday, November 8

#### FALL 2:

Monday, November 9 – Sunday, December 20

(No programming during Thanksgiving Week 11/23-11/29)

#### JR. CELTICS:

Monday, October 5 – Sunday, December 20

(No programming during Thanksgiving Week 11/23-11/29)

### FALL 1 & 2 REGISTRATION DATES

**MEMBERS:** Monday, September 14

**YOUTH/PROGRAM PASS:** Monday, September 21

**COMMUNITY MEMBERS:** Monday, September 28

**Preview Week Registration opens Monday,  
September 14 for all!**

## SPORTS CLINICS

*Included with Family Membership*

### AGES 4-6

Capacity 10 Children

#### SPORTS SAMPLER

Introduces youth to sports at the Y while fostering the values, skills and relationships that lead to positive behaviors, better health, and good sportsmanship. This engaging program focuses on the skills and drills essential to learning the fundamentals of a variety of sports including basketball, baseball/t-ball, floor hockey, and soccer while having fun.

#### SOCCER SKILLS AND DRILLS

This class teaches youth the fundamentals of soccer including ball control skill, passing, and shooting while incorporating teamwork and good sportsmanship.

#### BASKETBALL SKILLS AND DRILLS

This class teaches youth the fundamentals of basketball

including ball control, dribbling, passing, and shooting while incorporating teamwork and good sportsmanship.

#### T-BALL SKILLS AND DRILLS

This class teaches youth the fundamentals of T-Ball including fielding, throwing, swing form and hitting while incorporating teamwork and good sportsmanship.

# SPORTS CLINICS CONTINUED

## AGES 5-7

Capacity 10 Children

### **SOCCER SKILLS AND DRILLS**

This class teaches youth the fundamentals of soccer including ball control skill, passing, shooting, and game rules while incorporating teamwork and good sportsmanship.

### **BASKETBALL SKILLS AND DRILLS**

This class teaches youth the fundamentals of basketball including ball control, dribbling, passing, shooting, and game rules while incorporating teamwork and good sportsmanship.

### **T-BALL SKILLS AND DRILLS**

This class teaches youth the fundamentals of T-Ball including fielding, throwing, swing form, hitting, and game rules while incorporating teamwork and good sportsmanship.

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## AGES 8-10

Capacity 10 Children

### **SOCCER SKILLS AND DRILLS**

This class teaches youth the fundamentals of soccer including ball control skill, passing, shooting, and game rules while incorporating teamwork and good sportsmanship.

### **BASKETBALL SKILLS AND DRILLS**

This class teaches youth the fundamentals of basketball including ball control, dribbling, passing, shooting, and game rules while incorporating teamwork and good sportsmanship.

# ENRICHMENT & SPECIALTY CLASSES

## MARTIAL ARTS

This class is full of high energy drills to keep kids motivated and having fun. We focus on sport karate, grappling and self-defense

## KARATE

This classical Martial Art will help guide students to improved discipline, fitness and self-confidence. As a student progresses through the belt ranks improving skills will give them a sense of peaceful confidence

## SOO BAHK DO

This classical Martial Art will help guide students to improved discipline, fitness and self-confidence. As a student progresses through the belt ranks improving skills will give them a sense of peaceful confidence.  
(Note: Sunday class is included)

## BADMINTON

Badminton skills and games for youth to improve their skills, hand eye coordination, and teamwork. Grab your racquet and join us to learn and grow in this fast paced and engaging sport.

## CROSS COUNTRY

A great way to get some exercise this fall. Ages 8-13.

## LACROSSE

This class teaches the fundamentals of Lacrosse including right and left hand passes & catches, basic shooting, scoops and game rules while incorporating teamwork and good sportsmanship.

## ARCHERY

This class will cover the basic steps of learning how to use a bow to shoot arrows. It will include proper stance, transfer and hold, aim and expand, release and follow-through. Children will learn patience, and gain focus and concentration.

## DANCE

This class will emphasize free movement in a dance setting. Children will learn basic dance fundamentals and find self-expression through movement and music. Ages 3-5.

# JR. CELTICS

## AGES 6-11

### JR. CELTICS YOUTH DEVELOPMENT LEAGUE

The YMCA of Greater Boston has partnered with the Boston Celtics and their Jr. Celtics Youth Development Leagues! During this unprecedented time participants can expect a safe and engaging experience that will focus on fundamental skill development from YMCA coaches and Celtics professionals. This exclusive basketball program teaches the values of Celtics basketball and healthy player development along with skills and drills to enhance ball control, dribbling, passing, and shooting. Enrolled participants have the chance to become a Jr. Celtic Player of the week, participate in our pre-season Draft and sign their Celtics Contract, attend an end of the season group chat/webinar with a Celtics VIP and join an additional virtual training session provided during the Fall season!

# PHYSICAL EDUCATION

### YOUTH FITNESS SAMPLER AGES 8-12

Gain and understanding of and experience what being physically and mentally fit is all about. Kids will sample many different sports, group exercise classes, body weight exercises, yoga, safety around water, cardio equipment, nutrition information and more!

### TEEN FITNESS SAMPLER AGES 13-15

In this class Teens will get to experience what being physically and mentally fit is all about. They will get to sample many different offerings that our YMCA has such as sports, different group exercise classes, body weight exercises, yoga, safety around water, cardio equipment, nutrition tips and more!

### SPORTS CONDITIONING:

Students will participate in physical activity designed to improve their fitness and abilities in a variety of sports.

**Pods are welcome, and we can customize a program for your group!  
Contact your local branch at [ymcaboston.org/contact](https://ymcaboston.org/contact).**