

YOUTH PROGRAMS

SPORTS CLINICS

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.

BASKETBALL SKILLS & DRILLS

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

SOCCER SKILLS & DRILLS

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

T-BALL SKILLS & DRILLS

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

Pods are welcome, and we can customize a program for your group!
Contact your local branch at ymcaboston.org/contact.

SPORTS LEAGUES

PRESCHOOL SOCCER LEAGUES

Ages 3 years - 6 years

Join our preschool soccer league and learn to love the world's most popular sport. In this league, our little soccer stars will learn the basics of the game each week and finish each day with some live games. Participants will be placed on teams led by Volunteer coaches, parents and YMCA staff to officiate the games. Enrolled players have the chance to become player of the day, and get a league t-shirt for game play! Join us and let's score all the goals this season! (Parent Volunteers Encouraged)

YOUTH SOCCER LEAGUES

Ages 7 years - 12 years

Join our Youth Soccer league and learn to love the world's most popular sport. In this league our soccer stars will learn the basics of the game and use it each week in their league play. Participants will be placed on teams led by Volunteer coaches, parents and YMCA staff to officiate the games. Enrolled players have the chance to become player of the day, and get a league t-shirt for game play! Join us and let's score all the goals this season! (Parent Volunteers encouraged)

JR. CELTICS

12-WEEK SESSION

JR. CELTICS YOUTH DEVELOPMENT LEAGUE

Ages 3 years - 13 years

The YMCA of Greater Boston has partnered with the Boston Celtics and their Jr. Celtics Youth Development Leagues!

During this unprecedented time participant can expect a safe and engaging experience that will focus on fundamental skill development and safe league play 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 season awards ceremony at the conclusion of the league.

Let the Games begin! Let's go get #18!

PHYSICAL EDUCATION

Y-FIT/ YOUTH FITNESS SAMPLER

Ages 8 years - 12 years

Gain an 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 years - 15 years

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.

ENRICHMENT & SPECIALTY

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.

CAPOEIRA

Capoeira is a Brazilian martial art that combines elements of dance, acrobatics, and music.

ROCK CLIMBING

This class teaches the basics of climbing and bouldering on our indoor rock wall. You will learn to conquer your fears and improve self-confidence, all while getting exercise and learning to trust yourself and those around you.

BALLET

Step into the world of dance with our introduction to the ever popular ballet! Children will learn the basics while also learning together to dance in a group. Our ballet program will help with self-empowerment and self-confidence.

GYMNASTICS

Join our intro to gymnastics program where we focus on building overall body strength and working on our balance. Practice handstands, balancing, rolling and jumping. Welcome into the great world of gymnastics!

FLOOR HOCKEY

We are excited to be serving up our Youth Floor Hockey program at the Y! Learn game rules while working on perfecting the basics and fundamentals to become the best hockey player you can be! Sign up and get ready for the games!

FLAG FOOTBALL

Are you ready for some FOOTBALL! Bring your football stars to show off their gridiron skills! Our flag football Clinic is back and we are call-ing all athletes to bring their jukes, spins and elusive abilities to the Y this season. Sign up for this class centered on actual game play!

MESSY PLAY

Messy play is the open-ended exploration of materials and they work. Including activities like squishing clay, finger painting, and making slime children can experiment as they like. Children are naturally curious, and messy play engages their senses at a developmental level that is appropriate for them.