

SPRING 1 SESSION 7 Weeks
February 26– April 14

Registration Dates:
Member Registration: **February 5**
Non-Member Registration: **February 12**

Rate Guide:
Family Member: FM
Member: M
Non Member: NM

YOUTH SPORTS

45 Mins | FM: \$79 | M: \$106 | NM: \$175

Basketball Skills & Drills

45 Minutes | Ages 4–6 years

Your child will learn the basic skills of basketball i.e. dribbling, passing and shooting along with learning the format of a real game!

Tue: 4:00pm–4:45pm

Sat: 9:00am–9:45am

Basketball Skills & Drills

45 Minutes | Ages 6–9 years

Your child will learn the basic skills of basketball i.e. dribbling, passing and shooting along with learning the format of a real game!

Tue: 5:00pm–5:45pm

Sat: 10:00am–10:45am

Basketball Skills & Drills

45 Minutes | Ages 9–13 years

Your child will learn the basic skills of basketball i.e. dribbling, passing and shooting along with learning the format of a real game!

Sat: 11:00am–11:45am

Mini All Stars

45 Minutes | Ages 3–5 years

Your child will love participating in a variety of sports such as basketball, soccer, t-ball etc. And learn the basic skills of these sports along with socializing and building teamwork skills.

Wed: 4:00pm–4:45pm

Volleyball

45 Minutes | Ages 9–14 years

Have your child come learn the beginning skills of volleyball and work their way up to playing real games!

Wed: 6:00pm–6:45pm

Soccer Skills & Drills

45 Minutes | Ages 3–5 years

Have your child come socialize while learning the basic skills of soccer i.e. dribbling, passing and scoring!

Sat: 10:00am–10:45am

Soccer Skills & Drills

45 Minutes | Ages 6–10 years

Have your child come socialize while learning the basic skills of soccer i.e. dribbling, passing and scoring!

Sat: 11:00am–11:45am

Intro to Pickleball for Youth

45 Minutes | Ages 8–14

Come have your child learn the basics of pickleball! We will go over certain shots, scoring and basic rules.

Thu: 4:00pm–4:45pm

Spring – 7 Weeks Enrichment

45 mins | FM: \$79 | M: \$106 | NM: \$175

Nerf Blasters

45 Minutes | Ages 8–12 years

Come have your child work on their aim with this class of nerf blasters! They'll have target practice, play tag and other engaging games using nerf guns!

Sat: 12:00pm–12:45pm

Kids Yoga & Dance Class!

45 Minutes | Ages 2–5 years

Learn the basics of yoga and dance through fun and engaging music. This class will teach yoga poses, meditation and mindfulness, all while keeping your little one moving and expressing their own creativity.

Mon: 10:00am–10:45am | Ages 2–5*

Mon: 11:00am– 11:45am | Ages 2–5*

Fri: 3:30pm–4:15pm | Ages 6–9

* **NOTE:** Classes for ages 2–5 begin March 4 and run through April 15.

Paint Night

45 Minutes | Ages 6–10 years

Is your child creative? Do they love to draw or paint?? Come have them use their imagination with an array of teacher directed arts and crafts projects!

Tue: 5:00pm–5:45pm

Spring I Session: 7 Weeks
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Rate Guide:
Family Member: FM
Member: M
Non Member: NM

60 Mins Adult Sports: 7 Weeks
FM: \$98 | M: \$98 | NM: \$168

Beginner Pickleball I Lessons

60 Minutes | Ages 18+

In this class players will learn basic stroke mechanics, fundamental shots, rules, scoring, and etiquette and court positioning for doubles pickleball.

Tues: 12:00pm–1:00pm

Fri: 9:00am–10:00am

Beginner Pickleball II Lessons

60 Minutes | Ages 18+

Players in this class should have already learned the rules and scoring for pickleball and want to learn strategy. Players will work towards better mechanics and consistency with serves/returns, dinks, and volleys, footwork, and court positioning.

Tues: 1:00pm–2:00pm

Wed: 5:00pm–6:00pm

Fri: 10:00am–11:00am

Intermediate Pickleball Lessons

60 Minutes | Ages 18+

This class will focus on intentionality and consistency through skills and drills of the fundamental shots. Players should already have the ability to sustain a rally for more than 4 shots (serve, return, 3rd shot, and 4th shot) with consistency. Topics covered will include point construction, shot selection, footwork, court awareness, and partner positioning.

Fri: 11:00am–12:00pm

Adult Sports Leagues

Advanced Pickleball League | with Partners

Come with a partner or by yourself and play in our pickleball league! This will be weekly and will be games throughout the league with a tournament at the end! If you come in as a solo, a partner will be provided for you.

Tue: 6:00pm–8:00pm (Level 3.0–4.0)

Beginner-Intermediate

Pickleball League | Round Robin Style

In this league you will come each week with the same group of people and get the opportunity to play with everyone and against everyone! Your individual record will be kept track of for your own record!

Thu: 6:00pm–8:00pm (Level 2.0–3.0)

*** NOTE:** For all league play you need to know how to keep score, and know the basic rules to be able to play a full game. (if you took lessons at the Y you would've needed to take both beginner 1 + 2 lessons)

Women's League!

Come play in a women's league where we will have some competitive fun in a series of matches against one another! This will be round robin style where we will switch up partners and keep a personal best record.

Wed: 12:00pm–2:00pm | Ages 50+

Any questions about pickleball classes, or what level your may be, you can reach out to Jenn.

***One-on-one's offered as well! Please reach out to Jenn at: jtoussaint@metronorthymca.org**

Any questions regarding pickleball, please reach out to Jenn Toussaint: jtoussaint@metronorthyca.org

**Scan the
QR Code to
Register
for Spring
Programs**

