

SPRING II SESSION
8 Weeks | April 22 – June 16

Registration Dates:
Member Registration: **April 1**
Non-Member Registration: **April 8**

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

YOUTH SPORTS

45 mins | FM: \$86 | M: \$117 | NM: \$192

BASKETBALL SKILLS & DRILLS

45 Minutes | Ages 4-6years

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

VOLLEYBALL

45 Minutes | Ages 9-14years

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!

Wed: 5:00pm-5:45pm

Sat: 10:00am-10:45am

SOCCER SKILLS & DRILLS

45 Minutes | Ages 6-10years

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: 5:00pm-5:45pm

ARCHERY

45 Minutes | Ages 7-10

students will learn the basics of shooting technique along with how to be responsible and safe on an archery range.

Tue: 5:00pm-5:45pm

Thu: 4:00pm-4:45pm

Sat: 11:00am-11:45am

ARCHERY

45 Minutes | Ages 11-14

students will learn the basics of shooting technique along with how to be responsible and safe on an archery range.

Tue: 4:00pm-4:45pm

Thurs: 5:00pm-5:45pm

Sat: 12:00pm-12:45pm

ADVENTURE WARRIORS

45 Minutes | Ages 6-10

Come explore all the Y has to offer! Playing ice breaker games each week, using our ropes course, archery, the tire course and more! This class will be predominately outside, so weather permitting.

Wed: 4:00pm-4:45pm

5:00pm-5:45pm

Scan the QR code
to register for
Spring II Programs



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ADULT SPORTS:

60mins Adult Sports: 8 Weeks
FM: \$108 | M: \$108 | NM: \$188

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.

Tue: 12:00pm–1:00pm
Thu: 1:00pm–2:00pm
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.

Tue: 1:00pm–2:00pm
Thu: 12:00pm –1:00pm
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

PICKLEBALL LEAGUE WITH PARTNER

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)

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 you may be, you can reach out to Jenn. *One-on-one's offered as well! Please reach out to Jenn Toussaint with questions regarding pickleball at: jtoussaint@metronorthymca.org

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