



South Region Sports Programs Schedule

Burnsville, Southdale, and Blaisdell

2025 Session 1, January 13 - March 9

SPORTS PROGRAMS

LEAGUES

LEAGUES let kids take their skills to the next level and experience positive competition. Age-based offerings vary by session and by sport. Youth Leagues consist of organized practices and team contests. Each team will focus on skill development, practice and teamwork while preparing for games or meets. The fun isn't just for kids- high school and adult leagues are available too!

Note: a structured game or meet schedule will be developed and issued the second week of the session on Friday.

CLASSES

In CLASSES, kids will meet weekly to develop their skills through a variety of age appropriate skill drills and team-building exercises. Each session kicks off with a focus on skill development and advances to teamwork concepts which may include light scrimmaging and positive competition. Trained YMCA staff leads each class with help from qualified volunteers. At the end of the session, each age level will have acquired specific skill outcomes needed to advance to the next level of skill development.

SCHOOL'S OUT SPORTS CAMPS

At SCHOOL'S OUT SPORTS CAMPS, kids come to the Y to learn new sports, build sports skills and have fun playing, on days when school is not in session. Kids build the positive relationships that lead to good sportsmanship and teamwork. Ages vary by location.

CLINICS

CLINICS let kids try out a sport they're curious to explore in a no-pressure environment. Come test out something new, or learn more about your favorite sports. Clinics are available for a variety of sports and are offered at different locations and dates throughout the year.

YOUTH LEAGUES starting week of January 13

Games/meets take place starting Week 3

BASKETBALL

Girls Grades 1 - 2 at Blaisdell YMCA Games/meets take place on Saturdays	Mon 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
Boys Grades 1 - 2 at Blaisdell YMCA Games/meets take place on Saturdays	Mon 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
Boys Grades 1 - 2 at Burnsville YMCA Games/meets take place on Saturdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
Girls Grades 1 - 2 at Southdale YMCA Games/meets take place on Saturdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
Boys Grades 1 - 2 at Southdale YMCA Games/meets take place on Saturdays	Tue 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
Girls Grades 1 - 2 at Burnsville YMCA Games/meets take place on Saturdays	Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
Boys Grades 1 - 2 at Southdale YMCA Games/meets take place on Saturdays	Thu 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
Girls Grades 3 - 4 at Blaisdell YMCA Games/meets take place on Saturdays	Mon 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
Boys Grades 3 - 4 at Blaisdell YMCA Games/meets take place on Saturdays	Mon 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
Boys Grades 3 - 4 at Burnsville YMCA Games/meets take place on Saturdays	Tue 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
Girls Grades 3 - 4 at Southdale YMCA Games/meets take place on Saturdays	Tue 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
Girls Grades 3 - 4 at Burnsville YMCA Games/meets take place on Saturdays	Thu 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
Boys Grades 3 - 4 at Southdale YMCA Games/meets take place on Saturdays	Thu 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
Girls Grades 5 - 6 at Blaisdell YMCA Games/meets take place on Saturdays	Mon 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Boys Grades 5 - 6 at Blaisdell YMCA Games/meets take place on Saturdays	Mon 7:50 pm to 8:50 pm	\$119 member / \$149 non-member

REGISTRATION BEGINS DECEMBER 17, 2024

Class availability varies by location. Schedules subject to change. Please visit ymcanorth.org for updated class listings.

Boys Grades 5 – 6 at Burnsville YMCA Games/meets take place on Saturdays	Tue 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Girls Grades 5 – 6 at Southdale YMCA Games/meets take place on Saturdays	Tue 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Girls Grades 5 – 6 at Burnsville YMCA Games/meets take place on Saturdays	Thu 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Boys Grades 5 – 6 at Southdale YMCA Games/meets take place on Saturdays	Thu 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Girls Grades 7 – 8 at Blaisdell YMCA Games/meets take place on Saturdays	Mon 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Boys Grades 7 – 8 at Blaisdell YMCA Games/meets take place on Saturdays	Mon 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Boys Grades 7 – 8 at Burnsville YMCA Games/meets take place on Saturdays	Tue 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Girls Grades 7 – 8 at Southdale YMCA Games/meets take place on Saturdays	Tue 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Girls Grades 7 – 8 at Burnsville YMCA Games/meets take place on Saturdays	Thu 7:50 pm to 8:50 pm	\$119 member / \$149 non-member
Boys Grades 7 – 8 at Southdale YMCA Games/meets take place on Saturdays	Thu 7:50 pm to 8:50 pm	\$119 member / \$149 non-member

VOLLEYBALL

All Gender Grades 5 – 6 at Southdale YMCA Games/meets take place on Saturdays	Mon 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
All Gender Grades 5 – 6 at Blaisdell YMCA Games/meets take place on Saturdays	Wed 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
All Gender Grades 7 – 8 at Southdale YMCA Games/meets take place on Saturdays	Mon 6:40 pm to 7:40 pm	\$119 member / \$149 non-member
All Gender Grades 7 – 8 at Blaisdell YMCA Games/meets take place on Saturdays	Wed 6:40 pm to 7:40 pm	\$119 member / \$149 non-member

Boys and Girls Leagues may be combined in cases of low registration.

ADULT & HIGH SCHOOL LEAGUES

January 12th –March 2nd

BASKETBALL

All Gender League at Blaisdell YMCA <i>This is for individual registration, will be filtered into respective teams post registration</i>	Sun 1:00 pm to 5:00 pm	\$650 team / \$90 individual
Women's League at Blaisdell YMCA <i>This is for Women's Team Registration</i>	Sun 1:00 pm to 5:00 pm	\$650 team / \$90 individual
Men's League at Blaisdell YMCA <i>This is for Men's Team Registration</i>	Sun 1:00 pm to 5:00 pm	\$650 team / \$90 individual

CLASSES

BASKETBALL

Basketball Class: grade Pre-K

Blaisdell YMCA Class meets 8 times starting January 13	Mon 4:30 pm to 5:00 pm	\$84 member / \$109 non-member
Burnsville YMCA Class meets 8 times starting January 14	Tue 4:30 pm to 5:00 pm	\$84 member / \$109 non-member

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Class availability varies by location. Schedules subject to change. Please visit ymcanorth.org for updated class listings.

Southdale YMCA Class meets 8 times starting January 16	Thu 4:30 pm to 5:00 pm	\$84 member / \$109 non-member
Southdale YMCA Class meets 8 times starting January 18	Sat 10:00 am to 10:30 am	\$84 member / \$109 non-member
Basketball Class: grade K		
Blaisdell YMCA Class meets 8 times starting January 13	Mon 4:30 pm to 5:15 pm	\$84 member / \$109 non-member
Burnsville YMCA Class meets 8 times starting January 14	Tue 4:30 pm to 5:15 pm	\$84 member / \$109 non-member
Southdale YMCA Class meets 8 times starting January 16	Thu 4:30 pm to 5:15 pm	\$84 member / \$109 non-member
Southdale YMCA Class meets 8 times starting January 18	Sat 11:00 am to 11:45 am	\$84 member / \$109 non-member
HOME SCHOOL		
Homeschool P.E. Class: grades K-2		
Southdale YMCA Class meets 8 times starting January 16	Thu 1:00 pm to 3:00 pm	\$84 member / \$109 non-member
Homeschool P.E. Class: grades 3-5		
Southdale YMCA Class meets 8 times starting January 16	Thu 1:00 pm to 3:00 pm	\$84 member / \$109 non-member
Homeschool P.E. Class: grades 6-9		
Southdale YMCA Class meets 8 times starting January 16	Thu 1:00 pm to 3:00 pm	\$84 member / \$109 non-member
Homeschool P.E. Class: grades 10-12		
Southdale YMCA Class meets 8 times starting January 16	Thu 1:00 pm to 3:00 pm	\$84 member / \$109 non-member
RACKET SPORTS		
Pickleball Class: Beginner		
Burnsville YMCA Class meets 8 times starting January 16	Thu 8:30 am to 9:30 am	\$84 member / \$109 non-member
Southdale YMCA Class meets 8 times starting January 17	Fri 4:00 pm to 5:00 pm	\$84 member / \$109 non-member
Pickleball Class: Intermediate		
Burnsville YMCA Class meets 8 times starting January 16	Thu 9:40 am to 10:40 am	\$84 member / \$109 non-member
Southdale YMCA Class meets 8 times starting January 17	Fri 2:45 pm to 3:45 pm	\$84 member / \$109 non-member
Pickleball Class: Advanced/Drills & Skills		
Burnsville YMCA Class meets 8 times starting January 16	Thu 10:50 am to 11:50 am	\$84 member / \$109 non-member
Southdale YMCA Class meets 8 times starting January 17	Fri 1:30 pm to 2:30 pm	\$84 member / \$109 non-member

SOCCER

REGISTRATION BEGINS DECEMBER 17, 2024

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Class availability varies by location. Schedules subject to change. Please visit ymcanorth.org for updated class listings.

Soccer Class: ages 3-4**Southdale YMCA**

Class meets 8 times starting January 18

Sat 9:00 am to 9:30 am

\$84 member / \$109 non-member

Soccer Class: ages 5-6**Southdale YMCA**

Class meets 8 times starting January 18

Sat 9:00 am to 9:45 am

\$84 member / \$109 non-member

VOLLEYBALL**Volleyball Class: grades 3-4****Southdale YMCA**

Class meets 8 times starting January 13

Mon 5:30 pm to 6:30 pm

\$84 member / \$109 non-member

Blaisdell YMCA

Class meets 8 times starting January 15

Wed 5:30 pm to 6:30 pm

\$84 member / \$109 non-member

PROGRAM LOCATIONS**Blaisdell YMCA**

3335 Blaisdell Ave

Minneapolis

MN

55408

Burnsville YMCA

13850 Portland Ave S

Burnsville

MN

55337

Southdale YMCA

7355 York Ave S

Edina

MN

55435