



# Rochester YMCA Sports Programs Schedule

2019 Session 5, October 21 - December 22

(507) 287-2260 [ymcamn.org/rochester](http://ymcamn.org/rochester)

## 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 first week of each session.*

### 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.

## CLASSES

<b>Basketball Class: age 3</b> Rochester YMCA <i>No class 11/30</i>	Sat 9:00 am to 9:30 am Class meets 8 times starting October 26	50_SP_3500_60_102619_YYD \$65 member / \$90 non-member
<b>Basketball Class: ages 4-5</b> Rochester YMCA <i>No class 11/30</i>	Sat 9:15 am to 10:00 am Class meets 8 times starting October 26	50_SP_3501_60_102619_YYD \$65 member / \$90 non-member
<b>Basketball Class: grades K-1</b> Rochester YMCA <i>No class 11/30</i>	Sat 10:00 am to 10:45 am Class meets 8 times starting October 26	50_SP_3502_60_102619_YYD \$65 member / \$90 non-member
<b>Basketball Class: grades 2-3</b> Rochester YMCA <i>No class 11/30</i>	Sat 10:45 am to 11:45 am Class meets 8 times starting October 26	50_SP_3503_60_102619_YYD \$65 member / \$90 non-member
<b>Basketball Class: grades 4-5</b> Rochester YMCA <i>No class 11/30</i>	Sat 10:45 am to 11:45 am Class meets 8 times starting October 26	50_SP_3504_60_102619_YYD \$65 member / \$90 non-member
<b>Tumbling Class: age 3</b> Rochester YMCA <i>No class 11/30</i>	Sat 9:00 am to 9:30 am Class meets 8 times starting October 26	50_SP_3563_60_102619_YYD \$65 member / \$90 non-member
<b>Tumbling Class: ages 4-5</b> Rochester YMCA <i>No class 11/30</i>	Sat 9:30 am to 10:15 am Class meets 8 times starting October 26	50_SP_3564_60_102619_YYD \$65 member / \$90 non-member
<b>Tumbling Class: grades 2-3</b> Rochester YMCA <i>No class 11/30</i>	Sat 9:30 am to 10:30 am Class meets 8 times starting October 26	50_SP_3566_60_102619_YYD \$65 member / \$90 non-member

## MARTIAL ARTS

<b>Martial Arts: ages 7 - 11</b> Rochester YMCA <i>No class 11/27</i>	October 23 - December 18 Class meets Wednesdays, 6-7 PM	50_SP_1238_30_102319_YYD \$65 member / \$90 non-member
<b>Martial Arts: ages 18 - 99</b> Rochester YMCA <i>No class 11/27</i>	October 23 - December 18 Class meets Wednesdays, 7-8 PM	50_SP_1238_31_102319_YYD \$65 member / \$90 non-member

**REGISTRATION BEGINS SEPTEMBER 3, 2019**

*Class availability varies by location. Schedules subject to change. Please visit [ymcamn.org](http://ymcamn.org) for updated class listings.*

**PROGRAM LOCATIONS**

**Rochester YMCA**

709 1st Ave SW

Rochester

MN

55902