YMCA SPORTS
2020 SESSION 2: MARCH 16 – MAY 9
SOUTHDALE YMCA | AGE 3 – GRADE 8

SPORTS CLASSES
Kids will meet weekly to develop their skills through a variety of age appropriate skill drills and team-building exercises. The session kicks off with a focus on skill development and advances to teamwork concepts which includes scrimmaging and positive competition.

<table>
<thead>
<tr>
<th>Sports</th>
<th>Members</th>
<th>Non-Members</th>
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</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>$70</td>
<td>$95</td>
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<tr>
<td>Soccer</td>
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<tr>
<td>Tennis</td>
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<td>Floor Hockey</td>
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<tr>
<td>Tumbling</td>
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<tr>
<td>Martial Arts</td>
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SPORTS LEAGUES
Leagues consist of practices and team contests with coaches and officials. The first 2 weeks of the session will focus on skill development and teamwork, while the remaining weeks introduce scored games along with continued practice.

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<tr>
<td>Basketball</td>
<td>$105</td>
<td>$130</td>
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<tr>
<td>Futsal (Indoor Soccer)</td>
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</table>

Register for a league before March 3rd and receive early bird discount of $15.
SPORTS CLASSES

COST:  
Members: $70  
Non-members: $95  

All schedules begin with the youngest age group first, followed by the next oldest group.

SCHEDULE
A detailed schedule will be emailed approximately one week before the first class.

BASKETBALL

Age 4 – Grade 1

Saturdays | March 21 – May 9  
Poplar Bridge Elementary – Bloomington

- Ages 4-5 9:00am  
- Grades K-1 10:00/11:00am

Highlands Elementary – Edina

- Ages 4-5 9:00am  
- Grades K-1 10:00am

FLOOR HOCKEY

Age 4 – Grade 5

Saturdays | March 21 – May 9  
Hillcrest Community School – Bloomington

- Age 4-5 9:00am  
- Grades K-1 9:00am  
- Grades 2-3 10:00am  
- Grades 4-5 10:00am

TENNIS

Grades K – 8

Tuesdays | March 17 – May 5  
Colonial Church – Edina

- Grades K-1 5:30pm  
- Grades 2-3 6:20pm  
- Grades 4-5 6:20pm

Saturdays | March 21 – May 9  
Colonial Church – Edina

- Grades K-1 9:15am  
- Grades 2-3 10:00am  
- Grades 4-5 10:00am  
- Grades 6-8 11:00am

SOCCER

Age 3 – Grade 1

Saturdays | March 21 – May 9  
Southdale YMCA/Adams Hill Park

- Age 3 9:00am  
- Ages 4-5 9:45am  
- Grades K-1 10:45am

MINI-SESSION: MAY 12 – JUNE 4

TUMBLING  
Ages 3–5

Tuesdays | May 12 – June 2 | 11:00-11:45am  
Southdale YMCA

SOCER  
Age 4 – Grade 1

Wednesdays | May 13 – June 3 | 4:30-5:15pm  
Adams Hill Park

SPORTS SAMPLER  
Age 4 – Grade 1

Thursdays | May 14 – June 4 | 4:30-5:15pm  
Southdale YMCA/Adams Hill Park

COST:  
Members: $35  
Non-members: $48

SOUTHDALE Y FREE 5 DAY PASS
*OFFER EXPIRES 3/31/2020
- FREE DROP OFF CHILD CARE  
- 190+ GROUP EXERCISE CLASSES  
- SWIMMING & FAMILY POOL  
- FULLY EQUIPPED FITNESS CENTER  
- ALL AGES & FITNESS LEVELS

To activate pass – contact Karl  
952.897.5476  
karl.wilbur@ymcamin.org

TO REGISTER FOR SPORTS VISIT  
WWW.YMCAIN.ORG/SOUTHDALE > KID & TEEN ACTIVITIES > SPORTS

THE CUSTOMER SERVICE CENTER IS AVAILABLE TO HELP WITH ONLINE REGISTRATION  
CALL 612-230-9622, MONDAY THROUGH FRIDAY, 7AM-6PM
SPORTS LEAGUES
Leagues let kids take their skills to the next level and experience positive competition. Leagues consist of organized practices and contests. The beginning of the session focuses on skill development and practice while the remaining weeks introduce scored games and continued practice. League jerseys are $15 and can be purchased during online registration. Jerseys will be distributed at practice in week 2.

TUMBLING
Age 3 – Grade 3
Tuesdays | March 17 - May 5
- Age 3 11:00-11:45am
- Ages 4-5 11:00-11:45am
- Age 3 5:00-5:45pm
- Ages 4-5 5:00-5:45pm
- Grades K-1 6:00-7:00pm
- Grades 2-3 6:00-7:00pm

Tuesdays | March 21 - May 9
- Age 3 9:00-9:30am
- Ages 4-5 9:45-10:30am
- Ages 4-5 10:45-11:30am
- Grades K-1 10:45-11:30am

MARTIAL ARTS
Ages 7 – 15
Thursdays | March 19 - May 7
- Ages 7-15 6:00-7:00pm

BOYS/GIRLS BASKETBALL
Grades 1 - 2
March 19 - May 9
Highlands Elementary

Thursdays | 6:15pm
Saturdays | Game times vary
- Grades 1-2

CO-ED 3 ON 3 BASKETBALL
Grades 3-4
March 17 - May 9
Southdale YMCA

Tuesdays | 6:00pm
Saturdays | Game times vary
- Grades 3-4

Grades 5 - 8
March 19 - May 9
Highlands Elementary

Thursdays | 7:20pm
Saturdays | Game times vary
- Grades 5-6
- Grades 7-8

MARTIAL ARTS
Ages 7 – 15
Thursdays | March 19 - May 7
- Ages 7-15 6:00-7:00pm

CO-ED FUTSAL (INDOOR SOCCER)
Grades 1 - 6
March 17 - May 9
Richfield Middle School

Tuesdays | 6:15pm or 7:15pm
Saturdays | Game times vary
- Grades 1-2
- Grades 3-4
- Grades 5-6

SPECIALTY SPORTS
These once-weekly classes help kids build confidence and explore more individual sports. All specialty sports classes are held at the Southdale YMCA.

COST: Members: $70
Non-members: $95

Register for a league before March 3rd and receive an early bird discount of $15.

GIRLS ON THE RUN
The Girls on the Run program is back at Southdale YMCA starting March 24th! GOTR is a physical activity-based positive youth development program that uses the power of running to prepare girls for a lifetime of self-respect and healthy living. Trained volunteer coaches use a fun and interactive 10-week, 20-lesson curriculum structured around physical, social and emotional health in a non-competitive atmosphere that culminates in a celebratory 5K. Girls on the Run is open to 3rd-5th grade girls. Classes will meet on Tuesdays and Thursdays from 4:30-6:00pm at Southdale YMCA. Visit www.gorttwincities.org to register! Questions? Contact Samantha Axelson at 952-435-9004 or samantha.axelson@ymcamn.org.

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CALL 612-230-9622, MONDAY THROUGH FRIDAY, 7AM-6PM
ABOUT YMCA SPORTS

Please make sure you include the age of the child on your registration. Depending on enrollment, some offerings or age groups could be combined due to number of registered athletes.

We encourage participants to come ready to make new friends. We will consider friend requests. Friend’s names must be entered at the time of registration.

FINANCIAL ASSISTANCE

The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. Applications must be received one week before the start of session in order to be considered. For an application please contact Karl at 952-897-5476.

CANCELLATION AND REFUND POLICY

One class or game canceled due to inclement weather conditions may not have a make-up. If more than one class or game is canceled due to weather or other unforeseeable challenges we will issue Y BUCKS that may be used for a future class or program.

ACCESSIBILITY AND SPECIAL NEEDS

The Y is committed to the policy that all persons should have equal access to its programs, facilities, and enjoyment without regard to race, ability, creed, national origin or sex. The Y will accommodate special needs into existing programs to the extent that financial and physical resources permit. So we may provide a positive experience, please contact Steve Ketter at steven.ketter@ymcamn.org if your child has any special needs requiring any accommodations.

VOLUNTEER COACHES

Youth Sports are supported by parent coach volunteers. If you would like to be a coach, please submit a volunteer application found on our website ymcamn.org/southdale. Coaches must be 18 or older, complete a background check and commit to one to two hours per week.

Contact Steve at steven.ketter@ymcamn.org or 952-897-5464 if you have any questions about becoming a YMCA coach.

REGISTRATION

All registrations shall be completed via online registration. Visit www.ymcamn.org/southdale and select “Kid & Teen Activities” followed by “Sports” to find your class, league, clinic or school’s out sports camp.

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