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 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.

LEAGUES starting week of March 16 Games/meets take place Thursdays and Saturdays starting Week 3

Girls Basketball League: grades 1-2
St Paul Midway YMCA
Tue 5:30 pm to 6:30 pm
$105 member / $130 non-member

Boys Basketball League: grades 1-2
St Paul Midway YMCA
Tue 5:30 pm to 6:30 pm
$105 member / $130 non-member

Futsal Soccer League: grades 1-2
St Paul Midway YMCA
Mon 5:30 pm to 6:30 pm
$105 member / $130 non-member

Futsal Soccer League: grades 3-4
St Paul Midway YMCA
Mon 6:30 pm to 7:30 pm
$105 member / $130 non-member

Futsal Soccer League: grades 5-6
St Paul Midway YMCA
Mon 7:30 pm to 8:30 pm
$105 member / $130 non-member

Futsal Soccer League: grades 7-8
St Paul Midway YMCA
Mon 7:30 pm to 8:30 pm
$105 member / $130 non-member

3 on 3 Basketball League: grades 3-4
St Paul Midway YMCA
Tue 6:30 pm to 7:30 pm
$105 member / $130 non-member

3 on 3 Basketball League: grades 5-6
St Paul Midway YMCA
Tue 7:30 pm to 8:30 pm
$105 member / $130 non-member

3 on 3 Basketball League: grades 7-8
St Paul Midway YMCA
Tue 7:30 pm to 8:30 pm
$105 member / $130 non-member

ADULT & HIGH SCHOOL LEAGUES starting week of March 16

Boys High School Basketball League
St Paul Midway YMCA
Sat 12:00 pm to 5:00 pm
$350 team / $45 individual

Girls High School Basketball League
St Paul Midway YMCA
Sat 12:00 pm to 5:00 pm
$350 team / $45 individual

SCHOOL’S OUT SPORTS CAMPS
Basketball School’s Out Sports Camp: grades Kindergarten–8th grade
St Paul Midway YMCA
Fri 10:00 am to 1:00 pm
$30 member / $30 non-member

REGISTRATION BEGINS FEBRUARY 4, 2020
Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
<table>
<thead>
<tr>
<th>CLASSES</th>
<th>Location</th>
<th>Duration</th>
<th>Registration Code</th>
<th>Fee member / non-member</th>
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</thead>
<tbody>
<tr>
<td>Basketball Class: age 3</td>
<td>St Paul Midway YMCA</td>
<td>Tue 4:45 pm to 5:15 pm</td>
<td>76_SP_3500</td>
<td>$70 member / $95 non-member</td>
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<tr>
<td>Basketball Class: ages 4-5</td>
<td>St Paul Midway YMCA</td>
<td>Tue 4:45 pm to 5:30 pm</td>
<td>76_SP_3501</td>
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<tr>
<td>Soccer Class: age 3</td>
<td>St Paul Midway YMCA</td>
<td>Mon 4:45 pm to 5:15 pm</td>
<td>76_SP_3542</td>
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<td>Soccer Class: ages 4-5</td>
<td>St Paul Midway YMCA</td>
<td>Mon 4:45 pm to 5:30 pm</td>
<td>76_SP_3543</td>
<td>$70 member / $95 non-member</td>
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<td>Tumbling Class: age 3</td>
<td>St Paul Midway YMCA</td>
<td>Mon 10:00 am to 10:30 am</td>
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<tr>
<td>Tumbling Class: age 3</td>
<td>St Paul Midway YMCA</td>
<td>Thu 10:00 am to 10:30 am</td>
<td>76_SP_3564</td>
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<td>Tumbling Class: ages 4-5</td>
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<tr>
<td>Tumbling Class: ages 4-5</td>
<td>St Paul Midway YMCA</td>
<td>Thu 10:00 am to 10:45 am</td>
<td>76_SP_3575</td>
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<tr>
<td>Volleyball Class: grades 6-8</td>
<td>St Paul Midway YMCA</td>
<td>Fri 5:00 pm to 6:00 pm</td>
<td>76_SP_3576</td>
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<tr>
<th>MARTIAL ARTS</th>
<th>Location</th>
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<th>Fee member / non-member</th>
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<tr>
<td>Martial Arts: ages 5 – 16</td>
<td>St Paul Eastside YMCA</td>
<td>March 18 – May 6</td>
<td>76_SP_1238</td>
<td>$80 member / $80 non-member</td>
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<thead>
<tr>
<th>MINI CLASSES</th>
<th>Location</th>
<th>Duration</th>
<th>Registration Code</th>
<th>Fee member / non-member</th>
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<tbody>
<tr>
<td>Core Sports Sampler: age 3</td>
<td>St Paul Midway YMCA</td>
<td>Wed 10:00 am to 10:30 am</td>
<td>76_SP_3800</td>
<td>$35 member / $48 non-member</td>
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<tr>
<td>Core Sports Sampler: age 3</td>
<td>St Paul Midway YMCA</td>
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<tr>
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<td>St Paul Midway YMCA</td>
<td>Thu 10:00 am to 10:45 am</td>
<td>76_SP_3803</td>
<td>$35 member / $48 non-member</td>
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<tr>
<th>PROGRAM LOCATIONS</th>
<th>Location</th>
<th>Address</th>
<th>City</th>
<th>Zip Code</th>
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<tbody>
<tr>
<td>St Paul Eastside YMCA</td>
<td></td>
<td>875 Arcade St</td>
<td>Saint Paul</td>
<td>55106</td>
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<td>St Paul Midway YMCA</td>
<td></td>
<td>1761 University Ave W</td>
<td>Saint Paul</td>
<td>55104</td>
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