### Sports Programs Schedule

St. Paul Midway YMCA

**2019 Session 5, October 21 - December 22**

**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.

### Leagues

**Girls Basketball League: grades 1-2**

St Paul Midway YMCA

*Occasional Saturday Games. Travel to neighboring YMCA’s for games*

- Tue 5:45 pm to 6:45 pm
- Thu 5:45 pm to 6:45 pm

$100 member / $125 non-member

**Boys Basketball League: grades 1-2**

St Paul Midway YMCA

*Occasional Saturday Games. Travel to neighboring YMCA’s for games*

- Tue 5:45 pm to 6:45 pm
- Thu 5:45 pm to 6:45 pm

$100 member / $125 non-member

**Girls Basketball League: grades 3-4**

St Paul Midway YMCA

*Occasional Saturday Games. Travel to neighboring YMCA’s for games*

- Tue 6:45 pm to 7:45 pm
- Thu 6:45 pm to 7:45 pm

$100 member / $125 non-member

**Boys Basketball League: grades 3-4**

St Paul Midway YMCA

*Occasional Saturday Games. Travel to neighboring YMCA’s for games*

- Tue 6:45 pm to 7:45 pm
- Thu 6:45 pm to 7:45 pm

$100 member / $125 non-member

**Girls Basketball League: grades 5-6**

St Paul Midway YMCA

*Occasional Saturday Games. Travel to neighboring YMCA’s for games*

- Tue 7:45 pm to 8:45 pm
- Thu 7:45 pm to 8:45 pm

$100 member / $125 non-member

**Boys Basketball League: grades 5-6**

St Paul Midway YMCA

*Occasional Saturday Games. Travel to neighboring YMCA’s for games*

- Tue 7:45 pm to 8:45 pm
- Thu 7:45 pm to 8:45 pm

$100 member / $125 non-member

**Girls Basketball League: grades 7-8**

St Paul Midway YMCA

*Occasional Saturday Games. Travel to neighboring YMCA’s for games*

- Tue 7:45 pm to 8:45 pm
- Thu 7:45 pm to 8:45 pm

$100 member / $125 non-member

**Boys Basketball League: grades 7-8**

St Paul Midway YMCA

*Occasional Saturday Games. Travel to neighboring YMCA’s for games*

- Tue 7:45 pm to 8:45 pm
- Thu 7:45 pm to 8:45 pm

$100 member / $125 non-member

### Registration Begins September 3, 2019

Class availability varies by location. Schedules subject to change. Please visit ymcamn.org for updated class listings.
**ADULT & HIGH SCHOOL LEAGUES**

**Co-Ed Adult Basketball League**
St Paul Eastside YMCA  
Sun 3:00 pm to 6:45 pm  
$350 team / $45 individual

6:45pm will be start time of last scheduled game for the day

**Co-Ed Adult Futsal League**
St Paul Eastside YMCA  
Sat 3:00 pm to 6:45 pm  
$350 team / $45 individual

6:45pm will be start time of last scheduled game for the day

**CLASSES**

**Basketball Class: ages 4-5**
St Paul Midway YMCA  
Tue 5:00 pm to 5:45 pm  
Class meets 8 times starting October 22  
$65 member / $90 non-member

**Basketball Class: grades K-1**
St Paul Midway YMCA  
Thu 5:00 pm to 5:45 pm  
Class meets 7 times starting October 24  
$57 member / $79 non-member

**Soccer Class: ages 4–5**
St Paul Midway YMCA  
Mon 5:00 pm to 5:45 pm  
Class meets 8 times starting October 21  
$65 member / $90 non-member

**Soccer Class: grades K–1**
St Paul Midway YMCA  
Wed 5:00 pm to 5:45 pm  
Class meets 8 times starting October 23  
$65 member / $90 non-member

**Tumbling Class: age 3**
St Paul Midway YMCA  
Mon 10:00 am to 10:30 am  
Class meets 8 times starting October 21  
$65 member / $90 non-member

**Tumbling Class: ages 4–5**
St Paul Midway YMCA  
Mon 10:30 am to 11:15 am  
Class meets 8 times starting October 21  
$65 member / $90 non-member

**PROGRAM LOCATIONS**

St Paul Eastside YMCA  
875 Arcade St  
Saint Paul  
MN  
55106

St Paul Midway YMCA  
1761 University Ave W  
Saint Paul  
MN  
55104

REGISTRATION BEGINS SEPTEMBER 3, 2019

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