



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET UP AND PLAY!

Youth Sports DALE TURNER FAMILY YMCA



Baseball

Kids learn baseball skills such as batting, throwing, and catching. All children are encouraged to play, getting equal chances to bat, run bases, and play in the outfield.

Basketball

Kids practice basics and learn about sportsmanship. Games are played with age-appropriate equipment and lower hoops are used for the younger kids. Coaches are volunteers and all kids play at least 50% of every game. Practices and games are once a week and days and times vary.

Fencing

Participants follow an established curriculum that promotes development, achievement, and fitness. Students gain well-being and learn sportsmanship. Equipment is provided.

Gymnastics/Tumbling

Kids develop coordination, balance, body awareness and self-confidence while learning tumbling skills. Classes are taught by Y Staff who give caring recognition and positive reinforcement.

Karate

Students learn discipline, self-control and respect. Rank advancement testing is available at the end of every session.

POM

Kids have a blast on this dance team that incorporates different dance styles, technical work, and cheers. The team showcases their talents at a special performance at the end of each session.

Preschool Cardio Blast

Fitness, rhythm, strength, and teamwork are emphasized for preschool-age children. This class is a fantastic way for kids to get active in a structured environment.

Soccer

Kids practice dribbling, passing, shooting, and defense. The focus is on sportsmanship, skill-building and having fun! Coaches are volunteers and every child plays at least 50% of every game.

Sports Explosion

Kids learn the fundamentals of team sports, cooperation, and coordination. Weekly schedule includes new skills, games and scrimmages. Sports introduced may include hockey, soccer, basketball, and racquet sports.

Swim

Swim lessons for all skill levels are available throughout the year. We also have a competitive swim team where kids are challenged in a fun and supportive environment.

Tae Kwon Do

Students focus on physical skill as well discipline, honor, self-control, respect and loyalty. Rank advancement testing is available at the end of every session.

Volleyball

Kids practice passing, setting, hitting and serving. While learning the rules and necessary skills, kids have a blast being part of a fun team!