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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LEARN TOGETHER PLAY TOGETHER

2016-2017 YOUTH SPORTS
COAL CREEK FAMILY YMCA

YOUTH SPORT WORKSHOPS, CLASSES & LEAGUES

ITTY BITTY SPORTS

AGES 3-6 YEARS OLD

Itty Bitty Classes are a great way to introduce sports to young youth. We offer three different age and skill levels. Our goal is to provide various skill building opportunity throughout the year. Each session focus is 4 weeks long.

Date/Time:

Monday & Wednesdays, Time vary by age.

- 3-4 Year Old-Minors: 4:30pm-5pm
- 4-5 Year Old-Majors: 5:00pm-5:30pm
- 5-6 Year Old-All-Stars: 5:30pm-6pm

Price:

Facility Member: \$50 per session

Community Member: \$75 per session

T-Ball

- Sept 12—Oct 10/5
- Feb 6—Mar 8 (No Class 2/20 & 2/22)

Basketball

- Oct 10—Nov 2
- Mar 13—Apr 5

Soccer

- Nov 7—Nov 30
- Apr 17—May 10

Multi Sport

- Jan 9—Feb 1
- May 15—June 7

SKILLS AND DRILLS

AGES 3-12 YEARS OLD

This class will focus on the development of sports fundamentals. It will allow players to learn new skills, develop sportsmanship, and learn the rules of the game. During this session, players will be aiming to build a solid foundation of sport specific basics and fundamentals with which to build upon as they further their development of their game.

Date/Time:

Saturday, Time varies based on participant's age.

- 3-4 year olds, 9am-10am
- 5-6 year olds, 10am-11am
- 7-8 year olds, 11am-12pm
- 9-12 year old, 12pm-1pm

Price:

Facility Member: \$100

Community Member: \$175

Basketball

Session Dates:

- Sept 10 through Nov 12
- Apr 22 through June 24

SPORTS 101

AGES 6-12 YEARS OLD

Try something new at the Y! Sports 101 targets beginners who want to try and learn a new sport. Aimed at providing participants with a basic understanding of the various sports, they will build a foundation of skills on which to build upon as they grow. Equipment is provided.

Date/Time:

Thursdays, Time varies based on age.

- Ages 6-8: 4:30 pm-5:15 pm
- Ages 9-12: 5:15 pm-6:00 pm

Price:

Facility Member: \$70

Community Member: \$122

Rugby

Session Dates: Sept 8—Nov 10

Flag Football

Session Dates: April 20 - June 8

Ultimate Frisbee

Session Dates: Jan 5—Mar 16
(No Class 2/23)

BASKETBALL LEAGUE

GRADES K-6

Designed for youngsters to have fun while learning sportsmanship as well as the sports rules and skills. All games are played with age appropriate equipment and teams will have one hour to practice a week at a school or YMCA facility. Teams are volunteer led and parents are encouraged to apply to be a coach. Games will be held at either the Coal Creek or Bellevue YMCA.

Price:

Facility Member: \$95

Community Member: \$165

Session Dates: Nov 28—March 11

Games will be held on Saturdays beginning Jan . 14

No practice Winter Break 12/19-1/2

No games or practice Mid Winter Break 2/20-2/25

Registration opens end of September

KARATE

AGES 6–12 YEARS OLD

At the Y, our instructors focus on teaching students the Three C's of G.K.A.: *Concentration, Control, and Confidence!* Participants can learn the value of these characteristics in a fun and nourishing environment. Our instructors have a vast knowledge in all styles of Karate, leading to numerous victories in National, International, and World Championships. Uniforms are required and will be available to purchase from Kai Karate Academy. Please see below for more information about uniforms.

Session Dates:

- July 6 – Aug 26
- Sept 8—Nov 18
- Jan 4—Mar 17
- Mar 22—June 2

Date/Time:

Wednesday & Friday, 5:45pm-6:45pm

Price:

Facility Member: \$95

Community Member: \$150

Uniform Cost: \$29.99

Uniform Information: Uniforms are available from Gosoku-Kai Karate Academy, and will be sized prior to program start on Wednesday from 5:45-6:45 pm. Please make checks out to: Andrew Ratliff

MEET THE INSTRUCTORS

Andrew Ratliff:

- 15+ years experience in Japanese and Korean Martial Arts
- 4 Certified Black Belts
- 4 sparring championships in WA & CA
- 5 years experience in afterschool programs

Charles Nguyen:

- Tactical Speed Analyst (Kickboxing & Karate)
- 11+ years of training in Traditional Karate & Kickboxing
- World Champion in Kata
- Multi-time International Champion in Forms, Sparring, and Weapons

REGISTER ONLINE OR AT THE COAL CREEK FAMILY YMCA BRANCH

FOR MORE INFORMATION CONTACT THE YOUTH SPORTS AND FAMILY RECREATION SUPERVISOR

Jay Sandstrom, jsandstrom@seattleyymca.org

COAL CREEK FAMILY YMCA

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coalcreekyymca.org

Everyone is welcome. The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**