



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A LOT IS GOING ON AT THE YMCA

## Youth, Teen, and Family Programs YORK County YMCA

The York YMCA offers multiple programs for youth, teens, and families. The sports programs offer a quality sports experience for all skill levels, including practices and games, under the direction of qualified YMCA instructors.

Register early by returning the form (on the back of this flyer) to the York YMCA. Financial assistance is available. Stop by the York YMCA front desk at least one week prior to the start of the program to ask for a financial assistance application.

Contact Doug Markel at 717-843-7884, ext. 263 or [dmarkel@rosesymca.org](mailto:dmarkel@rosesymca.org) for more information.

**SEE SIDE 2.**



**WHEN:** First program begins September 2022

**WHERE:** York Branch YMCA

**WHO:** AGES 4 - TEEN, ALL SKILL LEVELS

The School District neither encourages  
nor discourages a student's participation  
in the activity described herein.

YMCA OF THE ROSES  
90 North Newberry Street  
York, PA 17401  
717-843-7884  
[www.yorkcoymca.org](http://www.yorkcoymca.org)



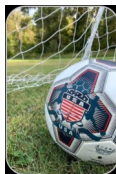
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#### FREE OUTDOOR SOCCER CLINIC

For those which have not participated in a soccer program before and are considering joining the Outdoor Soccer League. Participants will gain instruction on the fundamentals of soccer in a recreational environment. All attending must register, no later than Sept. 8, online at [www.yorkcoymca.org](http://www.yorkcoymca.org) or by calling 717-843-7884 x 261.

Saturday, Sept. 10 at Small's Athletic Field. 31 Hamilton Ave, 17401

Ages 4 - 6 at 9 a.m., ages 7 - 11 at 10 a.m. FREE for all.



#### OUTDOOR SOCCER LEAGUE

and experienced participants will learn and enhance their soccer skills including ball handling, passing, shooting and control in an instructional setting through practices and games, all on Saturday mornings. Each day held at the Small's Athletic field. Look for our Indoor Soccer League to begin in Jan.

Ages 4 - 5's will be at 9 a.m., ages 6 - 8's at 10 a.m. and ages 9 - 11's at 11 a.m. Coed. Schedules will be determined after the first day.

Saturdays, September 17 - November 12

\$33/YMCA Members

\$66/Non-Members

#### GIRLS INTRAMURAL VOLLEYBALL - Three Locations to Choose From

Ages 11-14. This program focuses on instruction in a recreational environment, with pick-up games incorporated toward the end of the session. Great for beginners and/or those which need further fundamental skill enhancement. REGISTER EARLY!

York/Downtown YMCA Branch: Mondays, 6:30 - 8 p.m.

East/First Church of the Brethren: Mondays 6:30-8pm.

Dover YMCA Branch: Wednesday, 5:30-6:30pm

Session I: Week of 9/12-Week of 11/7

Session II (York Branch Only): 11/14-1/9

\*Dover YMCA Branch: \$35/YMCA Members \$70/Non-Members

\*York YMCA Branch and Church: \$40/YMCA Members, \$80/Non-Members

#### YMCA OF THE ROSES GIRLS CLUB VOLLEYBALL (Ages 11-18)

This program is for girls who want to practice and compete at a high level. Practices are twice a week from Dec. - May with weekend tournaments twice a month from Jan-May at locations throughout PA. Try-outs begin in early October for 11-14U and mid-November for 15-18U. YMCA membership not required to try-out. Contact [dmarkel@rosesymca.org](mailto:dmarkel@rosesymca.org) for details. Check out the York YMCA Volleyball facebook page and [rosesymca.org](http://rosesymca.org) for programs.



#### FAMILY GAME DAYS (Dodgeball and Pickleball)

For families with youth/teens ages 10 and up. Adults without children are welcomed also. Pick-Up Dodgeball will have adults playing with and/or against the youth and teens in a recreational environment. Safe foam dodgeballs used for everyone's safety. If you enjoy tennis or table tennis, try pickleball. All equipment provided. Drop-in fee each week. Must register online at [rosesymca.org](http://rosesymca.org) (\$10) prior to each week attending. Begins 9/11 and on-going.

Family Pick-Up Pickleball: Sundays 3-4pm

Youth/Teen/Family Pick-Up Dodgeball: Sundays, 4-5pm

#### BASKETBALL LEAGUE

Ages 4-5/6-8/9-11

Saturday Mornings/Early Afternoons,

November 19- January 28 \*no program 11/26 and 12/24

For beginners and experienced players. Participants will work on basketball skills in an instructional setting through practices and games, held at the York YMCA. Instructors and volunteer coaches follow JRNBA instruction guidelines. Must register by 11/14.

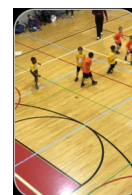
Ages 4-5: 9 a.m. / Ages 6-8: 10 a.m. / Ages 9-11: 11 a.m.

\*Times subject to change after the first Saturday

\$40/YMCA Members \$80/Non-Member

#### SAFE KIDS TAE KWON DO

The practice of Tae Kwon Do teaches children and adults discipline, self-control, and safety. This program is taught by a 7th degree Grand Master Instructor. The program is especially beneficial for children with ADD, ADHD, and some forms of Autism. It is also an excellent program for children who need the added structured discipline to stay focused. Ages 6 years and older, Adults and Families. For more information or to register, contact Judith Kirby, 717-252-2824.



#### FENCING

Did you know there is a fencing program for ages 10 through adults at the York YMCA? For further information, go to [rosesymca.org](http://rosesymca.org) or email [kebleecker@comcast.net](mailto:kebleecker@comcast.net)

ESPORTS: Interested in being part of the YMCA's esports program? Programming begins mid-September. Contact [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org) for details.

To register for a program, excluding safe kids tae kwon do, go to [www.rosesymca.org](http://www.rosesymca.org) to register online, or call 717-843-7884 x 260.

Registrations (form & payment together) accepted at the Y. If applying for financial assistance, must be done at least a week in advance.

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Birthdate: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_

Age: \_\_\_\_\_ ☐ Male ☐ Female

Parent(s) Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Email address: \_\_\_\_\_

Program: \_\_\_\_\_ Shirt Size: ☐YS (6-8) ☐YM (10-12) ☐YL (14-16) ☐Other (specify) \_\_\_\_\_

Interested in being a coach? ☐YES ☐NO \*VOLUNTEER COACHES ARE NEEDED (must provide clearances)