

Youth Sports: Karate, Basketball, PE & More!

Karate

Karate Learn Japanese Shotokan style Karate at the YMCA! Please sign up at the Program Registration Desk. Enroll on a monthly basis!

Beginners: Mondays, 6:30 pm

Advanced & Adults: Mondays, 7:15 pm

MEM: \$35 PRO: \$50



Volleyball

Youth Volleyball coed ages 9-13: The G. Cecil Pruett Community Center Family YMCA is proud to announce Youth Volleyball. Our volleyball program is designed to teach basic fundamentals of the sport with the priority on playing time and having FUN!

Practice Starts: August 18

Games Start: September 6

Last Game: November 1

No games on September 20

MEM: \$70, PRO: \$95

*Fee includes team shirt and a trophy



Basketball

Youth Basketball coed ages 4-13: Offered during the Winter Season. The focus of this program is to learn the basics of basketball, as well as learn positive sportsmanship and teamwork. All games are held on Saturdays, and practices for ages 6 & up have one practice a week.

Important Dates:

Practice Starts: November 17

U6 Meet & Greet: December 6

Games Start: December 13

Last Game: February 14

No games or Practices: December 22 - January 5

Ages 4-5: MEM: \$60 PRO: \$85

Ages 6+: MEM: \$70 PRO: \$95



Cheerleading

Youth Cheerleading ages 4-12: Cheer for the basketball team! Learn fun, basic cheers and movements through our YMCA Cheer program. Dates and times coincide with the above Basketball Program.

Homeschool PE

Homeschool PE ages 3-16: Join us for physical activity, nutritional education, socialization and so much more. Kids are broken up into ages 3-5 and 6-18 for age appropriate activities. Come have some fun on the Homeschool Team!

Monday/Fridays, 12:00 pm-1:00 pm

Session 1: Sept. 8 - Oct. 22 No class 9/15-9/19

Session 2: Oct. 27 - Dec. 10

Session 3: Jan. 5 - Feb. 11 No class 2/16-2/20

Session 4: Feb. 23 - April 3

Session 5: April 13 - May 20



Two classes a week:

MEM: \$45/first child • \$35/ea. add'l child

PRO: \$65/first child • \$55/ea. add'l child

Youth Cross Country

Cross Country ages 8-15: A coed club that will participate in Northwest GA Track League and USATF sanctioned meets. No prior experience is required and all levels of experience are encouraged. Our emphasis is learning and fun!

Practices Begin: July 21

Meets Begin: Sept. (4-6 wks)

MEM: \$100 PRO \$125

(membership included)



Fees include: uniform, entry fees and insurance.