



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTER 2023 YOUTH SPORTS

## Session 1: January 9 – February 9, 2023

All programs take place at the Grants Pass Family YMCA

### BASKETBALL

The 1st week will be a one hour practice. The next 4 weeks will be a 30 minute practice followed by a 30 minute scrimmage. Teams will mix up each week so kids get a chance to play with different players.

Grades K-1	TUESDAYS	5:00-6:00pm	\$40/Member & \$55/Non-member
Grades 2-3	THURSDAYS	5:00-6:00pm	\$40/Member & \$55/Non-member
Grades 4-6	MONDAYS	4:00-5:00pm	\$40/Member & \$55/Non-member

### VOLLEYBALL Clinics & League Play

CLINICS - these are designed for middle school and high school girls to fine tune their skills. We will teach passing, setting, hitting, blocking, serving, defense and teamwork.

LEAGUE PLAY - Girls sign up as individuals and get to play volleyball. We will put players on teams and rotate who they play with/against each week. Volleyball staff will coach the girls throughout the games.

CLINICS	WEDNESDAYS	4:00-5:00pm	\$40/Member & \$55/Non-member
LEAGUE PLAY	WEDNESDAYS	5:00-6:00pm	\$40/Member & \$55/Non-member

### SPEED & AGILITY

This class is to help athletes get faster and stronger. We'll do agility drills, conditioning and competitions.

Grades 6-12	MONDAYS	5:15-6:15pm
Cost:	\$40/Member - \$55/Non-member	

### MICRO SPORTS - BASKETBALL

Micro Sports is a parent participation program for kids ages 3-5 years old.

Option #1:	TUESDAYS	4:00-4:45pm
Option #2:	THURSDAYS	4:00-4:45pm
Cost:	\$30/Member & \$45/Non-Member	

### ARCHERY & ROCK WALL CLASSES

See website for more details - Registration is now open!

Register at the YMCA or online at [www.grantspassymca.org](http://www.grantspassymca.org).

Contact info: Stephanie Lund - Director of Sports and Family Programs - [slund@grantspassymca.net](mailto:slund@grantspassymca.net)





# YOUTH SPORTS

## Winter 2023

### Session 2: February 20 - March 23, 2023

**All programs take place at the GRANTS PASS FAMILY YMCA**  
**Registration Fees: \$40/Member & \$55/Non-member**

### VOLLEYBALL Clinics

We will teach passing, setting, hitting, serving, defense and teamwork. We'll play games near the end of the session.

Grades K-3	WEDNESDAYS	4:00-5:00pm
Grades 4-9	WEDNESDAYS	5:15-6:15pm

### MULTI-SPORT Clinics

Each week we will play a variety of games including basketball, volleyball, dodgeball, capture the flag, speed and agility, floor hockey and more.

Grades K-2	THURSDAYS	5:00-6:00pm
Grades 3-6	TUESDAYS	5:00-6:00pm

### BASKETBALL

The 1st week will be a one hour practice. The next 4 weeks will be a 30 minute practice followed by a 30 minute scrimmage. Teams will mix up each week so kids get a chance to play with different players.

Grades K-2	MONDAYS	4:00-5:00pm
Grades 3-5	MONDAYS	5:15-6:15pm

### ARCHERY & ROCK WALL

See website or flyers for more details.

Register at the YMCA or at [www.grantspassymca.org](http://www.grantspassymca.org).

### MICRO SPORTS (for ages 3-5)

Parent participation is REQUIRED.

Multi-sport clinics - each week we'll play a variety of games like basketball, volleyball, track & field, scooter races and more.

Option #1	4:00-4:45pm (TUESDAYS)
Option #2	4:00-4:45pm (THURSDAYS)

COST: \$30/Member & \$45/Non-Member

Contact info: Stephanie Lund

Director of Sports & Family Programs

[slund@grantspassymca.net](mailto:slund@grantspassymca.net)

**YOUTH SPORTS  
DEVELOP CONFIDENCE  
AND CHARACTER**

