



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2022 YOUTH SPORTS

Session 1: January 10 – February 11, 2022

All programs take place at the Grants Pass Family YMCA

BASKETBALL Leagues

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	WEDNESDAYS	5:00-6:00pm	\$40/Member & \$55/Non-member
Grades 4-5	MONDAYS	4:00-5:00pm	\$40/Member & \$55/Non-member
Grades 6-12	MONDAYS	5:15-6:15pm	\$40/Member & \$55/Non-member

VOLLEYBALL Clinics

These clinics 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.

Grades 7-12	THURSDAYS	4:00-5:00pm	\$40/Member & \$55/Non-member
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MS/HS VOLLEYBALL League Style Play

This league style play is designed for middle and high school girls. Girls sign up as individuals and get to play 90 minutes of volleyball. We will put players on teams and rotate who they play with and against each week. Volleyball staff will coach the girls throughout the games. It's learn through play.

Grades 7-12	THURSDAYS	5:15-6:15pm	\$40/Member & \$55/Non-member
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MICRO SPORTS - BASKETBALL

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

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

ARCHERY & CLIMBING WALL CLINICS - details coming soon!!

Register at the YMCA or online at www.grantspassymca.org

Contact info: Stephanie Lund - Director of Sports and Family Programs
slund@grantspassymca.net





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WINTER 2022 YOUTH SPORTS

Session 2: February 14 – March 18, 2022

All programs take place at the **GRANTS PASS FAMILY YMCA**

VOLLEYBALL Clinics

We will teach passing, setting, hitting, blocking (for older kids), serving, defense and teamwork.

Grades K-3	THURSDAYS	4:00-5:00pm	\$40/Member & \$55/Non-member
Grades 4-9	THURSDAYS	5:15-6:15pm	\$40/Member & \$55/Non-member

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 many more.

Grades K-2	MONDAYS	4:00-5:00pm	\$40/Member & \$55/Non-member
Grades 3-6	MONDAYS	5:15-6:15pm	\$40/Member & \$55/Non-member

SPEED & AGILITY Clinics

Become faster and stronger through drills, stations, games and relay races.

Grades 2-5	TUESDAYS	5:00-6:00pm
Grades 6-12	WEDNESDAYS	5:00-6:00pm
COST:	\$40/Member	
	\$55/Non-member	

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

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

Contact info: Stephanie Lund
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YOUTH SPORTS DEVELOP CONFIDENCE AND CHARACTER

