



# YOUTH SPORTS & PROGRAMS



**SPRING I  
SESSION**



**Mar 2 to Apr 26**

**GREATER VALLEY YMCA, BETHLEHEM BRANCH**

[gv-ymca.org](http://gv-ymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

We believe every child has potential, and we're here to nurture that potential. From youth sports to academic support to leadership development, the Y helps bring out the best in kids, and they keep surprising us with all they can do.

**SPRING I SESSION** 

**Mar 2 to Apr 26**

**REGISTER ONLINE**  
or at the Welcome Center



**INTRO TO BASKETBALL**

Ages 4 to 8 years. Learn basic basketball skills and drills. The Y core values of caring, honesty, respect and responsibility are emphasized.

Monday	5 PM to 5:45 PM
Member	\$48
Non Member	\$96

**ADVANCED BASKETBALL**

Ages 5 to 10 years. Build upon previous basketball skills and drills.

Wednesday	5 PM to 5:45 PM
Member	\$48
Non Member	\$96

**KARATE**

Ages 5 to 15 years. Karate promotes self-discipline, physical fitness, and weight management. It also can help build self-confidence, self-control and self-respect. \*\*Offsite location BMAA\*\*

Tuesday	6 PM to 6:45 PM
Member	\$48
Non Member	\$96

**NINJA GYMNASTICS**

Ages 4 to 6 years. Learn how to roll, jump and tumble through fun and challenging obstacle courses. Shorts, t-shirt and bare feet.

Tuesday	5:15 PM to 6 PM
Member	\$48
Non Member	\$96

**BEGINNER GYMNASTICS**

Ages 5 to 9 years. Learn safety on equipment while building strength. Rolls, cartwheel, beam and floor. Leotard, footless tights, yoga pants and bare feet.

Tuesday	6:15 PM to 7 PM
Member	\$48
Non Member	\$96

**PRINCESS BALLET**

Ages 4 to 6 years. A short warm-up followed by basic ballet, tap steps and jazz. Use rhythm sticks, bean bags, scarves, ribbons and parachute. Pink or tan tights, leotard, ballet skirt or shorts, pink ballet shoes and black tap shoes. Hair must be in a ponytail or bun.

Monday	5 PM to 5:45 PM
Member	\$48
Non Member	\$96

**TINY TEAMMATES**

Ages 3 to 6 years. Children will be introduced to a variety of sports including basketball, t-ball, soccer and more!

Thursday	5 PM to 5:45 PM
Member	\$48
Non Member	\$96

**7TH GRADE INITIATIVE PROGRAM**

Inspire youth to discover their passions, develop healthy lifestyles, and gain the assets needed to avoid risky behaviors and succeed in school and life. This FREE Y program is available to all students in 7th Grade within the Bethlehem Area School District. To sign up bring valid school id, and parent to complete all paperwork.

Mon to Fri

Contact Tyler Kuhns for more information at tylerkuhns@gv-ymca.org

**LEADER'S CLUB**

8th to 12th Graders. Interested in volunteer work, spending time with friends and learning about the Y's mission? As a Leader, you would have volunteer opportunities to help others, work on community service projects, learn leadership skills, participate in special events and most of all have fun! You will be able to earn school volunteers hours.

Wednesday 6 PM to 8 PM

**PRIVATE COACHING**

Ages 5 years and older. Private or Semi Private coaching in either basketball or football. All lessons are 30 minutes and are to be conducted at times other than when group lessons are scheduled. Full payment due at time of lessons. Please complete a request form at our Welcome Center. Any cancellation of private lessons must be given at least 3 hours before the lesson begins. Please pay at the Welcome Center and bring your receipt for lesson.

Member	\$25 per lesson
Non Member	\$40 per lesson

**REGISTRATION OPEN**

Member	Feb 10
Non Member	Feb 17



FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY