



TWEEN & TEEN SPORTS & PROGRAMS



**SPRING I
SESSION**



Mar 2 to Apr 26

GREATER VALLEY YMCA, EASTON/P'BURG BRANCH

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.

CARD CAMP

Ages 8 to 14 years. Match wits with your friends in a casual gaming environment! If doing battle with spells and monsters sounds like fun, then card club is for you. Focus on Magic: The Gathering, but other card games will be included if interest arises. Please come to play, not to trade.

Monday 6:15 PM to 8:15 PM

7GI Member Free
Member \$48
Non Member \$96

TEEN WELLNESS CENTER ORIENTATION

Ages 11 to 13 years. Appointments available daily. 7GI Walk-ins welcome on Monday and Wednesday from 3:45 PM to 4:30 PM

7GI Member Free
Member Free

COMMUNITY ENGAGEMENT PROJECTS/CAREER GROWTH ACTIVITIES

Ages 11 to 13 years. Volunteer opportunities offered daily for tweens! Participate in the 7GI program and get involved in special events, fundraisers, volunteer projects and activities that will prepare you for the future!

Mon to Fri 4:30 PM to 5 PM

7GI Member Free
Member Free

TWEEN CYCLING

Ages 10 years and older. Check out our new bikes! No complicated moves to learn, motivated group environment and great music that begs your legs to pedal.

Mon/Thu 5 PM to 5:45 PM

7GI Member Free
Member \$48
Non Member \$96

OPEN SWIM

Ages 12 years and older. Come and swim! Laps, lessons or just float! Kids 12 and up are able to swim without an adult once they pass a swim test! Swim test offered

Monday 4:30 PM to 7 PM
Thursday 4:30 PM to 7 PM
Friday 3 PM to 6 PM

TEEN SWIM LESSONS

Ages 13 years and older. Learn how to swim, be safe in and around the water or refine your swimming skills. Please call for details

Member \$64
Non Member \$98

KARATE WITH SELF DEFENSE

Ages 18 years and older. Learn the foundations of Karate. Emphasizes the benefits of martial arts including stress reduction, confidence building, self-defense strategies, and psychological awareness. 1.5-hour class.

Monday 6:45 PM to 8:15 PM

Member \$65
Non Member \$105

PARENT/CHILD KARATE

Ages 9 years and older with accompanied adults. Karate for all ages. Emphasizes all the benefits of martial arts, including stress reduction, confidence building and self-defense. An experience made to build relationships.

Monday 5:30 PM to 6:30 PM

Member \$48
Non Member \$96

CO-ED BASKETBALL TRAINING

Ages 7 to 13 years. Age-appropriate group basketball training designed to enhance player's skills, knowledge of the game and develop for the upcoming season.

Wednesday
6 PM to 7 PM – Ages 7 to 9
7 PM to 8 PM – Ages 10 to 13

Member \$48
Non Member \$96

REGISTRATION OPEN

Member Feb 10
Non Member Feb 17

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REGISTER ONLINE
or at the Welcome Center



PRIVATE BASKETBALL TRAINING

Ages 7 and older. (By Appointment) Private Basketball training now available with Coach Luis to provide hands on, one-on-one, instruction to develop individual basketball skills. Join this program and raise your game to the next level. Contact Fred Jennings at fredjennings@gv-ymca.org.

	Member	Non Member
30 Min – 1 Session	\$25	\$40
1 Hour – 1 Session	\$40	\$60
1 Hour – 3 Sessions	\$120	N/A
1 Hour – 6 Sessions	\$200	N/A
1 Hour – 12 Sessions	\$400	N/A

YOUTH SPRING SOCCER LEAGUE

Ages 3 to 12 years. Boys and girls in our recreation soccer program learn skill development, good sportsmanship, and team tactics, in low competition, fun environment. Practices are held on weeknights as determined by coaches. Team t-shirts and equipment are provided. Shin guards are mandatory (must provide own). Volunteers are needed to coach or be team parent.

Practices and games are held at Stockertown Soccer fields

Saturday Games April 4 to May 23
9 Am to 2 PM

	Before 3/13	After 3/13
Member	\$53	\$65
Non Member	\$105	\$118

Coaches meeting– Thursday, March 26, 7 PM at the Easton Branch Lobby



FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY