

YSPORTS™

We build strong kids, strong families, strong communities.



TAE KWON DO (Youth & Adults!!!)

This class is for adults and kids ages 7 and up. Students will learn traditional Tae Kwon Do with kicks, blocks, punches, kata and self-defense. Also incorporated are the arts of Judo, Ju Jitsu, Akido, Kuk Sool Won, Kung Fu, and Nin Jitsu. The class also includes strengthening, flexibility, and philosophy. The class instructors are all third degree black belts with multiple years of experience.

Fees: **Member: \$30** **Other: \$60**
 Greenville Tue/Thu 7:00-8:30 pm
 Instructor: Mike O'Neal

JUJITSU (Youth & Adults!!!)

This class is for adults and kids ages 8 and up. Jujitsu or "gentle art" is a method of fighting that makes use of few or no weapons and employs holds, throws and paralyzing blows to subdue an opponent. This class will work on stances, kicks, punches and self-defense techniques. It will also teach the history of the Jujitsu. The instructor, Cobie Wells, is a 5th degree Black Belt and is a certified instructor through the American Federation of Jujitsu.

Fees: **Member: \$20** **Other: \$42**
 Greenville Monday 7:30-9:00 pm
 Instructor: Cobie Wells



PRESCHOOL INDOOR SOCCER

This program is for children ages 3 to 4 years old. This program will be indoor soccer at its most basic level. Players will learn the basics of the game: passing, dribbling and shooting. Maximum enrollment for this program is 10 children.

Fees: **Member: \$12** **Other: \$26**
Winter II Program Session Only
 Greenville Monday 5:30-6:00 pm
 Versailles Monday 5:30-6:00 pm

K/1st GRADE INDOOR SOCCER

This program is for children in K and 1st grades. This program will be indoor soccer at a very basic level. Players will learn the basics of the game: passing, dribbling and shooting. Players will be able to showcase their new skills during a scrimmage following their weekly practice. Maximum enrollment for this program is 12 children.

Fees: **Member: \$12** **Other: \$26**
Winter II Program Session Only
 Greenville Monday 6:00-6:30 pm
 Versailles Monday 6:00-6:30 pm

SPORTS FUN AND GAMES (Ages 4-6) - NEW!



Does your preschooler just love to play? If you said yes, then this is the class you have been waiting for! Kids will play a variety of sports and games designed and geared for preschoolers. Old favorites like "kickball" and "basketball" with some

new games like "dizzy directions" and "mighty muscles". Sign up your preschooler to get some exercise while learning great lessons like following directions, leading groups, working with others and making new friends!

Fees: **Member: \$12** **Other: \$26**
Winter II Program Session Only
 Greenville Thursday 5:30-6:00 pm
 Versailles Tuesday 5:30-6:00 pm

JUNIOR HIGH OPEN GYM - NEW!

This 7-week program is for boys and girls in grades 6-8 who want to take and build upon the fundamentals already established within the Jr. High Basketball Programs. We will be advancing the overall skill set of each player by improving footwork, ball handling, shooting skills, as well as overall conditioning and team play. If your student athlete is serious about basketball, then this program is a MUST!



Fees: **Member: \$18** **Other: \$38**
Winter II Program Session Only
 Greenville Thursday 6:00-7:00 pm
 Instructor: Adam Ditmer

Time for ... socializing

Explore and enjoy social groups and ties at your YMCA. The YMCA, in addition to various sports leagues and classes, also have social groups for almost any age, but particularly teens and older adults. These might focus on travel, volunteering, cultural events, environmental projects or other interests. We want your Y to be a welcoming, comfortable and evolving community space where people get healthy, get support and get connected. If there isn't a group or upcoming social event at our Y that meets your interests, ask about starting one.