



Participants will enjoy gaining the knowledge and skills required to play a variety of sports and other activities. Sports skill will develop coordination, throwing, swinging, and speed. The class will foster an encouraging and supportive environment while focusing on sportsmanship and team work. The goal is to encourage youth to lead an active and healthy lifestyle!

TUESDAYS

Time: 10:30AM – 11:15AM

Age: 6–12 years old

Where: YMCA Gymnasium

Instructor: Matt



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