



# Summer 1 2022

## YMCA YOUTH SPORTS

June 6th– July 24th

### Youth Basketball

- Coed (K-2nd Grade)
- Wednesdays 2:30PM-3:10PM
- Coach John
- Fee \$21/\$42
- East Gym
- Coed (3rd-5th)
- Wednesdays 3:15PM- 3:55PM
- Coach John
- Fee \$21/\$42
- East Gym

### Flag Football

- Coed (K-2nd Grade)
- Thursdays 12:45PM-1:30PM
- fee \$21/\$42
- Mike Webster Stadium
- Coach John
- Coed (3rd- 5th Grade)
- Thursdays 1:35PM-2:20PM
- Fee \$21/\$42
- Mike Webster Stadium
- Coach John

### Soccer

- Coed Soccer (5yrs-2nd Grade)
- Tuesdays 2:00PM-2:40PM
- Fee \$21/\$42
- Y Field
- Coach Gabby
- Coed Soccer (3rd-5th Grade)
- Tuesdays 2:45PM-3:25PM
- Fee \$21/\$42
- Y Field
- Coach Gabby

### Preschool Activities

- Little Movers (Ages 2-3)
- Tuesdays 9:30AM- 10:15AM- Mira
- Fee FREE/\$30
- Gymnastics Studio
- Preschool Sports (Ages 3-5)
- Wednesdays 10:30AM-11:00AM- John
- Fee \$15/\$30
- YDC Gym
- Parent Child Gymnastics (Ages 3-4)
- Tuesdays 8:30AM-9:15AM- Mira
- Thursdays 6:00PM-6:45 PM- Mira
- Fee \$28/\$50
- Gymnastics studio
- Kids Club Moves (ages 4-6)
- Thursdays 10:30AM- 11:00AM-John
- YDC GYM
- Fee \$15/\$30

### Kickball

- Coed(1st-6th Grade)
- Mondays 2PM-3PM
- Y Field
- Coach Gabby
- Fee \$21/\$42

### Tennis

- Coed (Grades 1-6)
- Tuesdays 11:00AM-11:45AM
- Fee \$21/\$42
- Middle School Tennis Courts
- Coach John

### Teen Lift

- Teen Lift (Ages 12-16)
- Mon/Wed/Fri 3:30-5:00PM
- Fee \$25/\$50
- Instructor Jacob
- Wellness Studio

### Gymnastics

*Classes (Ages 5-17)*  
*Fee \$39/68 for 55 Minute Classes*  
*Gymnastics Studio unless noted*

#### Level 1\*

- Tuesdays 10:30AM- Katelyn
- Thursdays 3:45 PM - Mira
- Fridays 9:00AM - Gabby

#### Level 2\*

- Thursdays 4:50 PM - Mira
- Fridays 10:00AM- Gabby

#### Level 3+\*

- Thursdays 10:00AM- Lynette & Kristina

**Precompetitive Gymnastics (1.5 Hrs.)**  
(Ages 5+) By Invite Only  
Contact Lynette Tutt

- Wednesdays 5:00PM Lynette

**Competitive Team Gymnastics (2 Hrs.)**  
(Ages 5+) By Invite Only  
Contact Lynette Tutt

- Tuesdays 5:30PM - Lynette
- Thursdays 8:00AM - Lynette & Kristina

\*Fee Member / General Public  
\*Youth Development Center

(YDC) is located at:  
511 S. Pelham Street  
Rhinelander, WI 54501

Watch the Website and  
Facebook for updates and  
additional classes.

Updated 5/27/22

John LaChapelle  
Youth Sports Director  
jlachapelle@ymcanw.org  
715-362-9622 ext.120

## REGISTRATION OPENS:

**Members: May 23rd**  
**General Public: May 31st**

MEMBERSHIP FOR ALL helps to ensure everyone belongs to the Y  
regardless of income level. Call or stop by for more information.



# Youth Sports Class Details

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Youth Sports

### Youth Kickball:

YMCA youth kickball is a new class that will enable kids to get up and moving in a sport that can easily physical distance. Classes will play a variety of different styles of kickball to make every class just a little different. Participation is limited to 14 participants and requires a minimum of 6 participants.

### Youth Flag Football

YMCA Flag Football provide players the opportunity to learn the basics of football in a developmental environment. We also want to spend time play-ing and having fun while learning through drills and game play.

### Preschool Sports of All Kinds:

Participants ages 3-5 will learn in an encouraging and supportive environment while focusing on sportsmanship and team work. We focus on learning basic sport and coordination skills. Every week is a new challenge and activity. The goal is to encourage youth to lead an active and healthy lifestyle while having fun!

### Youth Soccer:

The Indoor Youth Soccer Program is for boys and girls of all skill levels in 1st through 5th grade. The program stresses the importance of sportsmanship and team-work as the participants learn the game and have fun. Beginners will enjoy learning and building on the funda-mentals of soccer. Basic skills of dribbling, shooting, passing and team play will be taught.

### Youth Basketball:

YMCA youth basketball is great for all skill levels. Participants in grades 1st – 5th will enjoy learning the fundamentals of basketball in a noncompetitive envi-ronment. Each day of the program will feature a skills clinic and games where kids can practice what they have learned right away in a recreational setting!

### Beginner Tennis:

Both boys and girls, grades 1st through 6th, are welcome to join the Y this summer for the Learn to Play Tennis Program. Utilizing the Quick Start Tennis Pro-gram, this recreational program format is designed to introduce children to the game by using equipment that is adapted to their age and size. Having fun and enjoying this learning experience is the number one goal of this program.

### Teen Lift:

Intended to teach teens how to lift weights properly, this program will teach how to use the equipment properly as well as how to lift properly. Each week new lift workouts will be introduced as well as setting a routine. Come get bigger, stronger and faster!!!

## Y Progressive Gymnastics

The Y gymnastics program progressively develops sports specific skills in a safe, educational and fun environment that encourages teamwork, sportsmanship, and respect for others. Due to the progressive nature of the sport of gymnastics, participant's class level is based on skill ability and mastery, not on age. We use the opinions of coaches and certain evaluation tools to determine level placement of participants. Please contact the welcome center if you have questions about what level to register your child.

### Parent Child Gymnastics Ages 2-4

Parents are required to help their child during class. Children explore slightly more challenging tumbling skills that develop balance, body awareness, coordi-nation, and motors skills while utilizing equipment stations. The class will emphasize having fun and growing self-confidence in a social atmosphere.

### Gymnastics – Level 1

This program is for children, at least 5 years of age, with little or no prior gymnastics experience. Basic gymnastics skills on the floor, bars, beam, and vault will be taught including: forward and backward rolls, handstands and cartwheels.

### Gymnastics – Level 2

This program is for children with beginning level gymnastics experience who have mastered the skills required in a Level 1 gymnastics class. The class stresses form and body control of basic gymnastics skills on all apparatus. More challenging skills of tumbling including back walkovers and front and back handsprings will be introduced.

### Gymnastics – Level 3 +

Participants must master skills required in level 2 prior to registration. This class stresses form, body control, and perfection of advanced gymnastics skills on the floor, vault, beam, and bars. Class includes working advanced skill mastery on floor exercise, including front and back handsprings, as well as, an introduction of higher level skills, such as cart wheels on the balance beam and kips on the bars.

### Little Movers:

Little Movers focuses on the development of gross motor skills, balance, and coordination while encouraging social interaction between toddlers.

This class combines movement, play, exploration, and creativity for a fun and enjoyable morning.

Parents must be present in the gymnastics room for this class.

### Kids Club Moves:

Classes are a dance and play party for little feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. This program is where 4-6 year-olds just let loose and be themselves ? little bundles of natural energy that are endlessly curious about new sounds and experiences! Here they can socialize, move to age-appropriate music, and play games with other kids.