



# Winter 1- 2023

## YMCA YOUTH SPORTS

### January 2nd- February 19th

#### Dodgeball

- Coed (1st-6th Grade)
- Mondays 4:35PM- 5:20PM
- East Gym
- Fee \$21/\$42
- Coach Gabe

#### Indoor Soccer

- Coed (?-3rd Grade)
- Tuesdays 3:45PM- 4:30PM
- Coed (4th-8th Grade)
- Tuesdays 4:35PM to 5:20PM
- East Gym
- Fee \$21/\$42
- Coach Gabe

#### Archery

- Coed (3rd-5th Grade)
- Mondays 3:30PM-4:30PM
- Fee \$21/\$42
- East Gym
- Coach Laurie
- Coed (6th-12th Grade)
- Thursdays 5:00PM-6:00PM
- Fee \$21/\$42
- East Gym
- Coach Allen

#### Basketball

- Coed (Grades K- 4th)
- Saturdays
- 10:00AM to 10:45AM
- Coed (Grades 5th-8th)
- Saturdays
- 10:50AM to 11:35AM
- East Gym
- Fee \$21/\$42
- Coach John

#### Preschool Activities

- Preschool Sports (Ages 3-6)
- Wednesdays 10:30AM-11:00AM- John
- Fee \$15/\$30
- At the YDC
- Kids Club Moves (Ages 3-6)
- Thursdays 10:30AM- 11:00AM- John
- Fee \$15/\$30
- At the YDC
- Little Movers (Ages 2-3)
- Mondays 1:00PM- 1:30PM- Leta
- Fee \$15/\$30
- Gymnastics studio
- Parent/Child Gymnastics (Ages 3-4)
- Mondays 1:35PM- 2:05PM- Leta
- Fee \$28/\$50
- Gymnastics Studio

#### Kickball

- Coed (1st-6th Grade)
- Wednesdays 3:45PM-4:30PM
- East Gym
- Fee \$21/\$42
- Coach Gabe

#### Floor Hockey

- Coed (Grades 1st-6th)
- Thursdays 3:45PM-4:30PM
- East Gym
- Fee \$21/\$42
- Coach Gabe

#### Y PE

- Coed (Grades 1st- 8th)
- Tuesdays 11:00AM- 11:45AM
- East Gym
- Fee \$21/\$42
- Coach John

#### Gymnastics

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

##### Level 1\*

- Mondays 6:30PM- Leta
- Tuesdays 6:30PM- Cat
- Wednesdays 4:00PM- Leta
- Wednesdays 7:00PM- Katelyn

##### Level 2\*

- Wednesdays 5:00PM- Leta
- Thursdays 6:30PM- Cat
- Fridays 4:00PM- Gabby
- Fridays 5:00PM- Gabby

##### Level 3\*

- Wednesdays 6:00PM- Carrie
- Fridays 6:00PM- Gabby

##### Precompetitive Gymnastics (1.5 Hrs.)

- (Ages 5+) By Invite Only Contact Kristina
- Sundays 4:00PM- Kristina (At Hodag Dome)

##### Competitive Team Gymnastics (2 Hrs.)

- (Ages 5+) By Invite Only
- Contact Kristina
- Sundays 4:00PM (At Hodag Dome)

#### Speed and Agility

- Coed (Grades 5th-10th)
- Wednesdays
- 6:00PM- 6:45PM
- Fee \$21/\$42
- Hodag Dome
- Coach John

(YDC) is located at:

511 S. Pelham Street  
Rhineland, WI 54501

Watch the Website and  
Facebook for updates

Updated 12/29/2022

John LaChapelle  
Youth Sports Director  
[jlachapelle@ymcanw.org](mailto:jlachapelle@ymcanw.org)  
715-362-9622 ext.120

## REGISTRATION OPENS:

Members: December 12th  
General Public: December 19th

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

YMCA OF THE NORTHWOODS

715-362-9622

[www.ymcaofthenorthwoods.org](http://www.ymcaofthenorthwoods.org)

## 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 Dodgeball:** Dodgeball is a fast-paced game, fun for all ages. Work up a sweat while throwing and dodging balls. This game can be played with few or many. We will be learning different forms of dodgeball and playing them.

**Preschool Sports of All Kinds:** Participants ages 3–6 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!

**Y PE:** This class is for anyone who wants to learn more about sports while getting a little workout in at the same time. Y PE will run just like a school gym class would. A great program for home schooled kids, but open to everyone.

**Youth Indoor Soccer:** YMCA youth soccer is great for all skill levels. Participants in grades K – 8th will enjoy learning the fundamentals of soccer in a noncompetitive environment. 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.

**Speed and Agility:** This class is intended to increase foot speed and strength which translates into being faster overall. Come learn proper sprinting technique while working hard and building your leg and core muscles.

**Floor Hockey:** Beginners to advanced, participants will have fun playing floor hockey while burning tons of calories. Floor hockey is a team sport that takes communication and teamwork to play.

**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 3–6 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.

**Youth Basketball:** Youth basketball is great for all skill levels. As a beginner, expect to learn dribbling, passing, and shooting, as well as playing many fun, high energy games. Advanced players will be pushed to sharpen skills as well acquiring new ones.

**Target Archery Classes:** Utilizing the National Archery in the Schools Program (NASP) the Y offers a Youth Target Archery class! The NASP archery curriculum is comprehensive in teaching skills as well as safety through the “Eleven Steps to Archery Success”. The equipment used is a universal fit so that all students are successful no matter their size or ability level. The value of the archery program is to learn a “lifetime” skill, gain confidence, build character, and develop self-reliance. This course is for students 3rd grade all the way up to adults.

# Youth Sports Class Details



## 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.

### Little Movers Ages 2–3

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.

### Parent Child Gymnastics Ages 3–4

Parents are required to help their child during class. Children explore slightly more challenging tumbling skills that develop balance, body awareness, coordination, 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.