



GET IN THE GAME



WINTER AND SPRING YOUTH SPORTS

**REGISTER
TODAY!**

The Dover YMCA offers multiple programs for youth, teens and families. The sports programs offer a quality sports experiences for all skill levels, including practices and games, under the direction of qualified YMCA instructors.

Register early by returning the form (on the back of this flyer) to the Dover YMCA. Financial assistance is available. Stop by the Dover YMCA front desk at least seven business days prior to the start of the program to ask for a financial assistance application.

Contact Matthew Cicchillo at 717-292-5622 x 806 or by emailing at mcicchillo@yorkcoymca.org for more

WHEN: First program begins
January 2020
WHERE: Dover Branch YMCA
WHO: AGES 4 - TEEN, ALL
SKILL LEVELS

The School District neither encourages nor discourages a student's participation in the activity described herein.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR SOCCER LEAGUE (Ages 4-11)

The Indoor Soccer Leagues is for beginners and experienced players. Participants will learn and enhance their skills including ball handling, passing, shooting, control, and more in an instructional setting through practices and games, all on Saturday mornings. Saturdays February 8 - April 4.

T-BALL LEAGUE (ages 4-8)

For beginners and experienced players. Participants will learn and enhance their baseball/softball skills including throwing, fielding, hitting and more through instruction, practices and games, all held on Saturday mornings. Youth who are ready to advance past hitting off the tee, will gain "soft-pitch" from the staff and coaches.

April 18-June 13

INDOOR SOCCER AND T-BALL:

Instruction will be held the first few Saturdays with games the remaining Saturdays. Coed. Schedules will be determined after the first day.

Ages 4 - 5's at 9 a.m.

6 - 8's at 10 a.m.

9 - 11's at 11 a.m. ***INDOOR SOCCER ONLY**

Fees: \$40/YMCA Members \$70/Non-Members

COED INTRAMURAL VOLLEYBALL (Ages 8-10)**

This program focuses on instruction in a recreational environment, with pick-up games incorporated toward the end of the session. All skill levels are welcome. For those which have gone through a prior session, instruction will be based on returning participants also. Thursdays 5:45-6:45

February 6 - March 26.

April 9-June 4.

Fees: \$35/YMCA Members \$70/Non-Members

****Volleyball ages 11-15 offered at the YORK YMCA. If interested contact dmarkel@yorkcoymca.org**

DODGEBALL LEAGUE

Join us for non-stop games using rubber coated foam balls. Teams formed on the first day from individual registrations with coed league games and playoffs held the following Saturdays.

Saturdays, February 1-March 28

Ages 8-10: 1:15-2:15PM

Fees: \$35/YMCA Member \$70/Non-Member

NERF TAG

This exciting game is focused on participants working together to capture the flag on the other teams side of the gym while playing with nerf guns. Each participant must bring their own equipment including safety glasses, ammo (bring a lot), and nerf gun. Label all equipment. Saturdays

February 1-March 28 Ages 6-11, 12:15 PM - 1:15 PM.

April 11-June 6 Ages 6-11, 11:15 AM - 12:15 PM.

*****Note earlier time**

Fees: \$35/Member \$70/Non-Member

YOUNG TIGERS TAEKWONDO

Age 4 & 5. Class held on Monday's, 1/6-3/23, 5:30-6:15PM. Young Tigers is a fun program for the little kids. Kids learn fun kicks and exercises that develop balance, coordination, strong minds and strong bodies. January. For more information or to register, contact Judith Kirby, 717-252-2824.

SAFE KIDS TAEKWONDO

Ages 6 - Adult. Class held on Tuesday's, 1/7-3/24, 6:00-7:00 PM. Earn your internationally certified Black Belt while learning about safety awareness and self-defense. Registration fee for all taekwondo programs is \$15 for 12 weeks. session. Class drop in fee is \$5 per week. January. For more information or to register, contact Judith Kirby, 717-252-2824.

Interested in being a coach? *VOLUNTEER COACHES ARE NEEDED.

Email mcicchillo@yorkcoymca.org for more information