



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Youth Sports Leagues

## Youth Sports Leagues

Given our investment in the community and children, we know that leagues are some of the best ways to advance youth sports in our community, promote friendship, exercise, teamwork, respect, responsibility, caring and honesty. Participants get assigned to a team based on the scheduling of parents/guardians and volunteer coaches. Players receive their own jersey and the satisfaction of being a part of something that they will remember for years to come. Sportsmanship and teamwork are always emphasized!

### Soccer League:

Teams are organized based on the scheduling of parents/guardians and volunteer coaches. Participants are registered based on age and skill level into one of three or four levels. Field sizes and game lengths increase as the ages/levels increase. All games are held at YMCA Bethesda-Chevy Chase. Pick up a registration form today for more information or to sign up!

Ages/Grade	Game Day	Game Times	Level	Season (*tentative)
4-5 / Preschool	Saturday	9:30 AM - 10:15 AM	Minis Division	April 17 - June 17
5-6 / K-1 <sup>st</sup>	Saturday	10:30 AM - 11:30 AM	Rookies Division	April 17 - June 17
7-9 / 2 <sup>nd</sup> -3 <sup>rd</sup>	Saturday	11:45 AM - 12:45 PM	Winners Division	April 17 - June 17
10-13 / 4 <sup>th</sup> -6 <sup>th</sup>	Saturday	11:45 AM - 12:45 PM	Champions Division	April 17 - June 17

**Registration for Spring Soccer League closes Friday April 28<sup>th</sup>, 2017.**

Email [kevin.shober@ymcadc.org](mailto:kevin.shober@ymcadc.org) for more information or to be added to one of our youth sports league email lists. Registration materials are available at YMCA Bethesda-Chevy Chase and YMCA Ayrlawn Program Center.

### Spring Basketball League:

Join us for an active Saturday learning and playing basketball. Program is hosted at the National Center for Children and Families center (6301 Greentree Road, Bethesda MD 20817). Winners and champions divisions will spend about half an hour practicing and half an hour playing a scrimmage. **PLEASE NOTE: TIMES HAVE CHANGED FROM WINTER 2017 SEASON.**

Ages/Grade	Game Day	Game Times	Level	Season
4-5 / Preschool	Saturday	12:00 PM - 12:45 PM	Minis Division	April 1 - May 20
5-6 / K-1 <sup>st</sup>	Saturday	1:00 PM - 2:00 PM	Rookies Division	April 1 - May 20
7-9 / 2 <sup>nd</sup> -3 <sup>rd</sup>	Saturday	10:45 AM - 11:45 AM	Winners Division	April 1 - May 20
10-13 / 4 <sup>th</sup> - 6 <sup>th</sup>	Saturday	9:30 AM - 10:30 AM	Champions Division	April 1 - May 20

**Registration for Spring Basketball League closes Friday April 21<sup>st</sup>, 2017.**

## Youth Sports Classes

At YMCA Ayrilawn Program Center we understand that your young athlete may find a different sport interesting for a few weeks at a time. We offer a wide variety of sports classes which enable your budding superstar to experience a sport in a shortened season, or continue from season to season if they love the game. Our sports lessons introduce the basics and refine fundamentals in younger levels and teach strategies and build stamina and endurance in advanced classes. We'll focus on teamwork and good sportsmanship while ensuring everyone is playing the sport in safe, fun atmosphere. Class sizes are capped to ensure low student to coach ratios as this allows us to advance each child's development at an appropriate pace for them. **Sports classes are held outdoors unless otherwise noted; please dress your athlete accordingly (we attempt to offer makeup classes for excessive cancellations due to weather but they are not guaranteed).** YMCA B-CC/Ayrilawn Weather Hotline 301-530-9622.

### T-Ball and Baseball

Are you ready to play ball? These classes are designed to develop and improve the skills of players from Pre-School to Winners in an atmosphere of good sportsmanship and fun. We'll cover the basics and work to learning strategies of the game while improving our technique. If you have your own glove, bring it!

#### Mini T-Ball (ages 3-4 or 4-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03402-01	Tuesday	12:30 PM – 1:15 PM	\$68	\$80	Field/Big Gym
03402-06	Friday	3:30 PM – 4:15 PM	\$68	\$80	Field/Mini Gym

---Tuesday's class is for 3-4 year olds and Friday's class is for 4-5 year olds.---

#### Rookies T-ball/Baseball (ages 5-7)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03402-02	Tuesday	4:00 PM – 4:45 PM	\$68	\$80	Ayrilawn Field
03402-07	Saturday***	11:45 AM – 12:30 PM	\$51	\$60	Ayrilawn Field

\*\*\*No class Saturday May 27<sup>th</sup> or Saturday June 3<sup>rd</sup>.\*\*\*

#### Winners Baseball (ages 8-12)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03402-03	Tuesday	5:00 PM – 6:00 PM	\$80	\$92	Ayrilawn Field

### Basketball

In our basketball classes, participants will learn and practice basketball fundamentals: dribbling, passing and shooting while developing a wider understanding of how the game operates. We'll discuss strategies or advanced aspects of the game including fast breaks, improved ball handling and shooting from distance as we progress.

#### Mini Basketball (ages 3-4 or 4-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03401-04	Thursday	12:30 PM – 1:15 PM	\$68	\$80	Court/Mini Gym
03401-01	Friday	11:00 AM – 11:45 AM	\$68	\$80	Court/Mini Gym

---Thursdays class is for 4-5 year olds; Friday's class is for 3-4 year olds.---

April 24<sup>th</sup> - June 18<sup>th</sup>, 2017

## Youth Training

Exercise is an essential component in the battle against childhood obesity and diabetes. These programs offer child-friendly environments where they are encouraged to learn and practice various exercising techniques.

### \*\*\* NEW! \*\*\* Mini Runners (ages 3-5)

Youngsters LOVE to run! This class will engage children in running activities with focus on running at different speeds (think: slow like a turtle or fast like a cheetah), running around obstacles (we will use hurdles and cones to make running fun) and consist of fun games including sharks and minnows and several varieties of everyone's favorite game, tag!

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-29	Thursday	11:00 AM – 11:45 AM	\$68	\$80	Big Gym/Field

### \*\*\* BRINGING IT BACK! \*\*\* Bicycling

Join us in learning how to balance, pedal and steer! Balance bikes will be the primary tool utilized in these classes as we focus on teaching how to balance on a bicycle. By the end of the class the aim is to have your child riding their own bicycle (no training wheels!). Class sizes are capped at 2 or 3 students to ensure low teacher: student ratios as we work closely with students and maintain a safe learning environment. Please bring your own helmet and bike, if you have one!

#### Mini Biking (ages 3-4)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-39	Friday	10:00 AM - 10:45 AM	\$80	\$92	Ayrlawn

#### Kid Runners (ages 6-12)

Get up and run like you've never run before! We'll train to improve overall stamina and agility as well as learn how to pace ourselves for shorter and longer runs.

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-28	Friday	4:30 PM – 5:30 PM	\$80	\$92	Ayrlawn Field

## Flag Football

Punt, kick and pass your way to fun! Learn the basics or improve your skills as you practice throwing, catching, kicking, running and playing the game of football. Participants will also learn basic knowledge of the game, rules, offensive and defensive positions and terminology.

### Rookies Football (ages 6-8)

Location	Location	Location	Location	Location	Location
03701-18	Thursday	4:00 PM – 4:45 PM	\$68	\$80	Ayrlawn Field

## Hockey

Hockey at YMCA Ayrlawn Program Center portrays a variety of styles but typically include deck hockey and field hockey. Classes will focus on basic skills such as passing, shooting and puck/ball handling. With more developed players, focus will also be placed on accuracy and strategies such as attacking and defending.

### Rookies Deck Hockey (ages 6-8)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03701-63	Thursday	5:00 PM – 5:45 PM	\$68	\$80	Ayrlawn Court

## Soccer

From Parent/Child to Champions Soccer, we offer many different levels and classes. We offer classes during the day, after-school and on weekends! From the age of 2 years old, the YMCA Ayrilawn Program Center has been teaching youth of all ages how to play one of the most popular sports in the world.

### Parent Child Soccer (ages 2-3)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-02	<b>Saturday</b> ***	9:00 AM – 9:30 AM	\$42	\$50	Ayrilawn Field

\*\*\*No class Saturday May 27<sup>th</sup> or Saturday June 3<sup>rd</sup>.\*\*\*

### Mini Soccer (ages 3-4 or 4-5)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-01	Monday*	3:30 PM – 4:15 PM	\$60	\$70	Ayrilawn Field
03403-07	Tuesday	11:00 – 11:45 AM	\$68	\$80	Field/Big Gym
03403-09	Friday	12:30 PM – 1:15 PM	\$68	\$80	Ayrilawn Field
03403-23	<b>Saturday</b> ***	9:45 AM – 10:30 AM	\$51	\$60	Ayrilawn Field

---Tuesday 11:00 AM class is for 3-4 year olds; Monday 3:30 PM, Friday & Saturday classes are for 4-5 year olds.---  
 \*\*\*No class Saturday May 27<sup>th</sup> or Saturday June 3<sup>rd</sup>.\*\*\*

### Rookies Soccer (ages 5-6)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-10	Monday*	4:30 PM – 5:15 PM	\$60	\$70	Ayrilawn Field
03403-11	<b>Saturday</b> ***	10:45 AM – 11:30 AM	\$51	\$60	Ayrilawn Field

\*\*\*No class Saturday May 27<sup>th</sup> or Saturday June 3<sup>rd</sup>.\*\*\*

### Winners Soccer (ages 7-9)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-04	Wednesday	4:00 PM – 5:00 PM	\$80	\$92	Ayrilawn Field

### Champions Soccer (ages 10-13)

Code	Day	Time	Full Member Cost	Program Member Cost	Location
03403-33	Wednesday	5:15 PM – 6:15 PM	\$80	\$92	Ayrilawn Field

If your child is ready for the next step after taking some soccer classes please check our out upcoming soccer league infomraiton above. Our league is a great community where we emphasize our players continuing to develop their skills in a team environment while having fun playing games on Saturdays.