



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PRESCHOOL & YOUTH SPORTS

Fall I Session: September 3–October 27

Fall II Session: October 28–December 22



CLASS	AGE	DAY	TIME	FALL I M/PM	FALL II M/PM
<b>BIDDY BALLERS</b> This class is designed to teach the basketball basics of passing, dribbling, shooting, defense and teamwork in a fun and entertaining instructional setting.	3-5 Y	Sa	10:15-11:00 am	\$64/\$128	\$64/\$128
<b>LITTLE KICKERS</b> The basic skills of soccer, including passing, dribbling, kicking, and agility are taught using fun games and supervised play.	3-5 Y	W	4:30-5:15 pm	\$64/\$128	\$64/\$128
	6-8Y	W	6:00-6:45 pm	\$64/\$128	\$64/\$128
<b>SPORT SHORTS</b> A different sport is introduced each week. Sports include T-Ball, Kickball, Football, Soccer, Floor Hockey, and Basketball.	3-5 Y	W	3:30-4:15 pm	\$64/\$128	\$64/\$128
<b>SPORTS FUNDAMENTALS</b> A new sport is introduced each week. Sports include Dodgeball, T-Ball, Football, Soccer, Kickball Floor Hockey and Basketball.	4-6 Y	Th	3:30-4:15 pm	\$64/\$128	\$56/112
<b>FAMILY SPORTS CLASS (WITH A PARENT)</b> Families and children will learn and play a variety of sports, which include basketball, kickball, t-ball, floor hockey, soccer and more. * Class for 3-5 years is held at St. John's Lutheran Church Gymnasium	3-5 Y*	M	3:00-3:45 pm	\$56/\$56	\$64/\$64
	4-6 Y	Tu	6:00-6:45 pm	\$64/\$128	\$64/\$128
<b>INTRAMURAL SPORTS</b> Program held at St. John's Lutheran Church Gymnasium	3-5 Y	M	10:45-11:30 am	\$56/\$128	\$64/\$64

## NEW! PRESCHOOL SWIM AND GYM

This class incorporates a gym session of various sports and games with a 30-minute swim lesson.

AGE	DAY	TIME	FALL I M/PM	FALL II M/PM
3-5 Y	M	3:30-4:15 pm	\$138/\$228	\$138/\$228
	W	9:15-10:30 am	\$138/\$228	\$138/\$228



West Cook YMCA | 255 S. Marion St., Oak Park, IL 60302  
These are NOT School sponsored activities.



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# YOUTH & TEEN SPORTS

Fall I Session: September 3–October 27

Fall II Session: October 28–December 22



CLASS	AGE	DAY	TIME	FALL I M/PM	FALL II M/PM
<b>YOUTH FLOOR HOCKEY</b> Come join us for fun in this fast-paced activity. We will learn the fundamentals of floor hockey, work on stick handling, passing, positioning, shooting and other hockey skills through drill instruction. We will play a short game at the end of each day.	6-9 Y	TU	7:00-7:45 pm	\$64/\$128	\$64/\$128
<b>YOUTH BASKETBALL SKILL DEVELOPMENT AND DRILLS</b> Build on fundamental skills including game time situations, making moves off the dribble and finishing at the basket.	6-8 Y	M	5:00-5:45 pm	\$70/\$140	\$80/\$160
	9-11 Y	M	5:45-6:45 pm	\$70/\$140	\$80/\$160
	12-14 Y	M	6:45 -7:45 pm	\$70/\$140	\$80/\$160

## YOUTH BASKETBALL LEAGUE (League Dates: October 15–December 21)

Our Youth Basketball League is designed to focus on player development through fundamental skill work, sportsmanship and team building concepts every time they take the floor

AGE	PRACTICE	GAMES	M/PM
6-8 Y	TU or TH 4:45 pm-5:45 pm	SAT 11:30 am or 12:30 pm	\$120 / \$198
9-11 Y	TU or TH 5:00 pm-6:00 pm	SAT 11:30 am or 12:30 pm	\$120 / \$198

## ONE ON ONE SPORTS TRAINING/BASKETBALL TRAINING

This training allows youth to improve their fundamental basketball skills and increase their confidence on the court.

AGE	COST
6-17 Y	Package of six, 1 hours Sessions: \$150.00

## QUESTIONS?

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