



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# LEARN NEW SKILLS

## Youth Sports – Summer & Fall 2017

### SUMMER PROGRAMS

\*no practices/games week of July 4

#### Mighty Sluggers

Program focuses on teaching the fundamentals of baseball to 4 and 5 year olds. Mighty Sluggers meets Mon/Wed from 6pm-6:45pm. Choose program location when registering.

**Ages:** 4-5 year olds  
**Where:** Stoney Point or Marion YMCA's  
**Day & Time:** Mon/Wed from 6pm-6:45pm  
**Session Date:** 6.05.17-7.19.17  
**Register By:** 5.22.17  
**Cost:** Member - \$30  
Community Member - \$60

#### T-Ball/Baseball/Softball

Designed to teach basic skills such as throwing, catching, hitting, base running and game rules. Players will play a variety of positions. The emphasis is on sportsmanship, teamwork and FUN! Players will be assigned to teams and will practice/play games once or twice a week.

**Ages:** AK/K (t-ball)  
1st/2nd grade (baseball/ softball)  
**Where:** Stoney Point or Marion YMCAs  
**Day & Time:** Chosen by volunteer coaches  
**Session Date:** Week of 5.22.17 to 7.27.17  
**Register By:** 5.08.17  
**Cost:** Member - \$35  
Community Member - \$80

FOR SUMMER PROGRAMS, CHOOSE GRADE  
LEVEL BASED ON 2016-17 SCHOOL YEAR

#### FINANCIAL ASSISTANCE AVAILABLE

Contact Dale Emerson at 319-390-3488 for more information.

#### VOLUNTEER COACHES NEEDED

Contact Dale Emerson at 319-390-3488 to get involved.

This is not a College Community School District publication. It is distributed through the school district as a community service to inform you of other community activities or services available.

#### Kickball For Grades K-12

Looking for something fun this summer? Join the Y for kickball games. Morning session is for K-8th grade, evening session is for 9-12th grade.

**Ages:** K-12th grades  
**Where:** Stoney Point YMCA  
**Day & Time:** Monday & Thursday  
K-8th grade 10am-11am  
9-12th grade 7:30pm-8:30pm  
**Session Date:** 6.12.17 - 7.27.17  
**Register By:** 6.05.17  
**Cost:** Member - \$15 for 6 weeks  
Community Member - \$20 for 6 weeks  
**Drop In Cost:** \$2 per day (must register at Stoney Point Welcome Center)

#### Stoney Point Stunner Fun Run & Mini-Obstacle Challenge

Training program and kids fun run featuring obstacles of all sorts including a tire run, hay bales, low crawl, slip & slide....and more! Registrants can do just the race OR training sessions and race. The cost is the same for either option. Training sessions are for kids in Kindergarten-5th grade.

**Ages:** All ages welcome on race day!  
**Where:** Stoney Point YMCA  
**Training Sessions:** Tuesday, 8.15 & 8.22 from 5:30-6:15pm and Saturday, 8.19 10-10:45am  
**Race Day:** Saturday, 8.26.17 at 9am  
**Register By:** 8.22.17  
**Cost:** Member - \$15  
Community Member - \$20

### FALL PROGRAMS

#### Instructional Soccer

This program introduces children to the basic fundamentals and rules of soccer and improves social interaction with peers. Choose program location when registering.

**Ages:** 4-5 year olds  
**Where:** Garfield Elementary, Stoney Point or Marion YMCAs  
**Day & Time:** Mon/Wed from 5:30pm - 6:15pm  
**Session Date:** 9.06.17-10.16.17  
**Register By:** 8.21.17  
**Cost:** Member - \$30  
Community Member - \$65

#### Youth Soccer

Practices are once a week and games are Saturday mornings at various locations. Please note, if you only register for Fall, you will need to re-register in Spring 2018.

**Ages:** AK/K - 5th graders for girls  
AK/K - 5th graders for boys  
**Day & Time:** Practice locations are chosen by volunteer coaches with games on Saturdays  
**Session Date:** Week of 8.14.17 to 10.07.17  
**Games Begin:** 9.02.17  
**Register By:** 8.01.17  
**Cost FALL:** Member \$40  
Community Member \$85  
**Cost BOTH:** Member \$60  
Community Member \$105

#### Flag Football 101

Learn the basics of football in this program designed specifically for our little friends. Choose program location when registering.

**Ages:** 4-5 year olds  
**Where:** Arthur Elementary, Stoney Point, or Marion YMCAs  
**Day & Time:** Tues/Thurs 5:30pm - 6:15pm  
**Session Date:** 9.05.17-10.12.17  
**Register By:** 8.21.17  
**Cost:** Member - \$30  
Community Member - \$65

#### Youth Flag Football

This league is designed to teach the fundamentals of football and emphasizes good sportsmanship. Practices once a week.

**Ages:** 1st - 5th graders  
**Day & Time:** Practice locations are chosen by volunteer coaches, games on Saturdays.  
**Session Date:** Week of 8.14.17 to 10.07.17  
**Games Begin:** 9.02.17  
**Register By:** 8.01.17  
**Cost:** Member - \$40  
Community Member - \$85

#### Youth Volleyball

This program is designed to introduce and teach basic fundamentals and game rules. Choose program location when registering.

**Ages:** 3rd - 6th graders  
**Where:** Helen G Nassif, Stoney Point or Marion YMCAs  
**Day & Time:** Mon/Wed from 5pm-6pm  
**Session Date:** 8.28.17-10.11.17  
**Register By:** 8.14.17  
**Cost:** Member - \$40  
Community Member - \$85

**The Y Mission:** To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.





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# LEARN NEW SKILLS

## YMCA Youth Sports Registration – Summer/Fall 2017

### ACTIVITY – SUMMER PROGRAMS

- ☐ Mighty Sluggers *Program runs: M/W 6pm-6:45pm*  
*Circle a Location: Marion Stoney Point*
- ☐ T-Ball ☐ Baseball ☐ Softball
- ☐ Kickball  
*Circle a Time: Morning (K-8<sup>th</sup> grade) Evening (9-12<sup>th</sup> grade)*
- ☐ Fun Run & Training Sessions
- ☐ Fun Run (Race Only)

\*For Summer programs, choose grade level based on 2016-17 school year

### ACTIVITY – FALL PROGRAMS

- ☐ Instructional Soccer *Program runs: M/W 5:30pm-6:15pm*  
*Circle a Location: Garfield Marion Stoney Point*
- ☐ Youth Soccer 1<sup>st</sup> session ☐ Both Sessions  
*Circle: Girls Boys*
- ☐ Flag Football 101 *Program runs: T/Th 5:30pm-6:15pm*  
*Circle a Location: Arthur Marion Stoney Point*
- ☐ Youth Flag Football
- ☐ Youth Volleyball *Program runs: M/W 5pm-6pm*  
*Circle a Location: HGN Marion Stoney Point*

\*For Fall programs, choose grade level based on 2017-18 school year

### REGISTRATION INFORMATION

Youth Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Male ☐ Female ☐ Parent/Guardian Name (and DOB): \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Choose the YMCA nearest you: HGN ☐ Marion ☐ Stoney Point ☐

### UNIFORM SIZE

Youth SM ☐ Youth MED ☐ Youth LG ☐ Adult SM ☐ Adult MED ☐ Adult LG ☐ Adult XL ☐

\*The YMCA of the Cedar Rapids Metropolitan Area has permission to use any photos and/or videos of my child during this program in its promotional materials. I give permission for my child to participate in this program. I agree to release the YMCA of the Cedar Rapids Metropolitan Area, it's staff, and it's volunteers from any responsibility in case of injury.

Signature of Parent/Guardian \_\_\_\_\_

DATE \_\_\_\_\_

Carpool Request: \_\_\_\_\_

#### ANNUAL HOUSEHOLD INCOME (CIRCLE ONE)\*\*

UNDER \$20,000      \$40,000-\$49,999  
\$20,000-\$29,999      \$50,000-\$59,999  
\$30,000-\$39,999      OVER \$60,000

\*\*The YMCA of the Cedar Rapids Metropolitan Area is committed to serving people regardless of their ability to pay. To do this we ask for funding (grants or donations) from outside sources to cover these costs. The information below is required of us. Please fill this out. Your information is kept strictly confidential.

#### ETHNICITY (CIRCLE ONE)\*\*

African American/Black      Hispanic  
Alaskan Native      Native American  
Asian/Pacific Islander      Other  
Caucasian/White

**Yes, I want to VOLUNTEER  
COACH for my child's team!**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Office Use Only

Receipt#: \_\_\_\_\_

Date: \_\_\_\_\_

Amount: \_\_\_\_\_

Staff Initials: \_\_\_\_\_