

YOUTH SPORTS DESCRIPTIONS

Soccer

This program is for boys and girls ages 8-15 years. In youth soccer every child gets a chance to play and learn the game. Practices and games all take place on Saturdays. Each participant will receive an award.

Youth Basketball

The league plays 5-on-5 with modified league rules for each division. The program is designed to teach the basic fundamentals of the game in a non-competitive atmosphere. Each participant will receive a jersey and an award.

T-Ball

Join the excitement of our Itty-Bitty and Rookies Sports programs. The program is offered to boys and girls ages 3-7 years. Itty-Bitty (3-4 years) and Rookies (5-7 years) sports is a great way to introduce our young participants to sports in a non-competitive atmosphere. Participants are divided into teams according to age groups. Volunteer coaches encourage the basics of the sport and team work. Each participant receives a team t-shirt and award. This program is 10 weeks and includes an orientation Day. On orientation day, come meet your coach, teammates and pick your team name. Practices are 25 minutes prior to the game and then followed by a 25-minute game each week.

Cheer Team

Cheer participants will learn sideline cheers as well as choreographed routines throughout the season.

Practices and games are held on Saturday's.

ADDITIONAL INFORMATION

Late Registration

There will be an additional \$10 fee to register during the late registration period.

*Registrations will not be accepted after the late registration period.

Fees

Facility Member: \$55

Program Member: \$110

For more information on Youth Sports Programs:

Contact Wes Bishop

(949) 380-3519

dbishop@ymcaoc.net

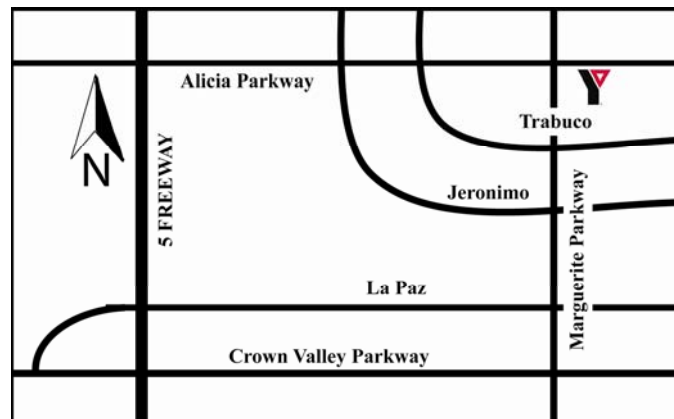
YSPORTS™

We build strong kids, strong families, strong communities.



YOUTHSPORTS

Spring/Summer 2009



Saddleback Valley YMCA
27341 Trabuco Circle
Mission Viejo, CA 92692
(949)859-9622
www.ymcaoc.org

SPRING SPORTS

Basketball

Registration: Jan 23-Mar 21, 2009

Late registration: Mar 22-Mar 27, 2009

Season Dates: April 4 -June 20, 2009

Ages / Times:

3-5 years 11:45am

6 & 7 years 1:00pm

8 & 9 years 3:00pm

10-12 years 5:00pm

Saturday's in the YMCA Gym

Coaches Meeting:

March 31st, 2009

YMCA Conference Room: 6:30pm

Mandatory Assessments:

March 28th, 2009 @ 12pm

* Assessments are for ages 6 and up.

T-Ball

Registration: Jan 23-Mar 21, 2009

Late registration: Mar 22-Mar 27, 2009

Season Dates: April 4-June 20, 2009

Ages / Times:

3-4 years 9:00am

5-7 years 10:15am

Saturday's at Outside Venue

Coaches Meeting:

April 1st, 2009

YMCA Conference Room: 6:30pm



Soccer

Registration: Jan 23-Mar 21, 2009

Late registration: Mar 22-Mar 27, 2009

Season Dates: April 4-June 20, 2009

Ages / Times:

3-4 years 9:00am

5-7 years 10:15am

8-9 years 11:30am

10-12 years 1:00pm

Saturday's at Outside Venue

Coaches Meeting:

April 1st, 2009

YMCA Conference Room: 6:30pm

Mandatory Assessments:

March 28, 2009

* Assessments are for ages 6 and up.

Junior Racquetball

Season Dates: March 3rd-April 16th, 2009.

April 21st - May 28th, 2009

Days/Times: Tues / Thur 5:00-6:00pm

Location: Saddleback Valley YMCA

*No Games the week of April 6th -10th

Cheer Team

Registration: Jan 23-Mar 21, 2009

Late registration: Mar 22-Mar 27, 2009

Season Dates: April 4-June 20, 2009

Ages / Times:

5-7 years 1:00pm - 2:30pm

8-11 years 3:00pm - 4:30am

Saturday's in Studio A at the YMCA

SUMMER SPORTS

Register Today for the following Leagues:

- Summer T-Ball
- Summer Soccer

Season Dates: July 11th - August 29th

For Children Ages 3 - 9

Other Summer Activities Include:

- Track & Field
- Half-Day Sports Camps
- Full Day Camps

For more information please look for our promotional flyers at the front desk.

You can also visit our website at www.ymcaoc.net