

SCHENECTADY YMCA

518.881.0117

Fall Programs (Session I) • September 13 – October 31
Registration Begins August 16 for Full Members
and August 23 for Program Members

Our Mission

The Capital District YMCA is a **charitable**, non-profit organization. Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Black & Latino Achievers Program

The YMCA's *Black & Latino Achievers Program* pairs students with positive adult mentors from our community. Program activities are designed to give students the chance to form important educational and career goals, and the tools they need to help them reach those goals.

The many opportunities offered by this **FREE** worthwhile program help students make informed decisions and develop the skills needed to help them be successful in life. This program is open to students of all backgrounds. **Volunteers** are always needed and welcome! Please call 439.4394 x 1450 for more information.

Grades Junior and High School Students
Cost **FREE!** All Are Welcome!
Schedule Wednesdays 5:30 – 6:30PM

Youth Soccer

Your child will love this fun opportunity to learn the basics of soccer. You'll love our emphasis on the importance of teamwork, fair play, and good sportsmanship. Our staff help children with eye-foot coordination using basic drills and scrimmage games with the instructor.

Ages 5 – 9
Cost Full Members \$30
Program Members \$45
Schedule October 2 thru 30
Saturdays 10 – 11AM
Location Capital District YMCA
Turchi Family Center
500 Balltown Road, Niskayuna

Want to play but money is tight? **We offer scholarships** for all of our programs and services. Please ask for more information.

Youth Sports

Your child will love this fun opportunity to learn the basics of a different sport each week while developing motor skills and eye hand coordination. You'll love our emphasis on the importance of teamwork, fair play, and good sportsmanship. Our experienced instructors teach soccer, basketball, t-ball, floor hockey, track, lacrosse, tennis, and more. Basic rules and skills are taught, followed by practice and games.

From developing eye-hand coordination to learning important lessons about teamwork, this class is essential for your little ones.

Ages 3 – 6
Cost Full Member \$25
Program Member \$40
Schedule October 2 thru 30
Saturdays • 11:15AM – 12PM
Location Capital District YMCA
Turchi Family Center
500 Balltown Road, Niskayuna

Youth Sports / Flag Football

Your child will love this fun opportunity to learn the basics of football while developing motor skills and eye hand coordination. You'll love our emphasis on the importance of teamwork, fair play, and good sportsmanship. Our experienced instructors teach throwing, kicking, and catching as well as basic offensive and defensive sets. Basic rules and skills are taught, followed by fun scrimmage games.

From developing eye-hand coordination to learning important lessons about teamwork, this class is essential for your little ones.

Ages 8 – 14
Cost Full Member \$25
Program Member \$40
Schedule October 2 thru 30
Saturdays • 12 – 1PM
Location Capital District YMCA
Turchi Family Center
500 Balltown Road, Niskayuna

Youth Sports / Shorin Ruy Karate Dojo

Your child will love this opportunity to develop self confidence and discipline while learning the potentially life-saving skill of self defense.

Taught by one of the area's premier instructors, your child will condition her or his body and develop supreme hand eye coordination.

Ages 6 and Older
Cost Full Member \$35
Program Member \$55
Schedule September 18 thru October 30
Saturdays • 9 – 9:50AM

Tumbling Tots

Your little ones will love this fun introduction to tumbling designed to help them become comfortable with rolls, wheels, and balance techniques. You'll love seeing them learn new skills and make new friends in a safe, caring, and fun environment. Our goal is to **increase your child's confidence** and self-esteem through physical challenge and achievement, and to encourage cooperation and interaction with others.

Ages 2 – 5
Cost Full Member \$20
Program Member \$30
Schedule October 2 thru 30
Wednesdays • 9 – 9:30AM

Teen Night

Here's a great opportunity for your children to play with other kids in a safe, welcoming environment. Basketball, and other sports, Wii Games, and computer access are just a few of the fun activities we offer. Enjoy time with old friends and make lots of new friends.

For the safety of our kids, this program does not allow re-entry.

Grades 9 – 12
Cost Full Member \$3
Community Member \$5
Schedule Begins October 9 • 7 – 10PM

Middle School After-School Programs

For your Mont Pleasant and Oneida Middle School children, we now offer a **FREE** after-school program where your children enjoy a safe environment to complete their homework, receive mentoring, engage in intramural sports, or spend time in our **brand new** teen center.

Students are bused from school to the Schenectady Y and back to the school for pick up by parents.

After-school at the Y is possible thanks to the support of the Liberty Partnership Program, Schenectady PALS, Schenectady County, and the Schenectady County Department of Probation.

Limited spots for this program. Register your child today. 518.881.0117