



JUST FOR KICKS AND DRIBBLES



Volunteer
Coaches
Needed

INDOOR SPORTS LEAGUES

LAKELAND HILLS FAMILY YMCA

SOCCER LEAGUES: Y-MEMBERS \$120 | NON-MEMBERS \$175 | December 4 – February 26

Volunteer Coaches Needed!

Focus is on building and fine tuning young athletes' skills, better understand the game, and to become better soccer players. Each division is set up to specifically focus on the developmental stages of each age group.

PEE-WEEES: 5-6 YEARS – Saturdays, 11:30am – 12:15pm

Each week, our Pee-Wee division will have 15 minutes of practice time before games to help build their understanding of soccer, and to build basic skills that are instrumental to their progression. They will then proceed to their 30-minute game.

JUNIORS: 7-8 YEARS – Saturdays, 12:30-1:15pm, 1:15-2:00pm

SENIORS: 9-12 YEARS – Saturdays, 2:00-2:45pm, 2:45-3:30pm

All players will be placed on teams and will play a different team each week. At the end of the season, they will compete to win the coveted YMCA World Cup! Games in these divisions will be 45 minutes long.

BASKETBALL LEAGUES: Y-MEMBERS \$85 | NON-MEMBERS \$125 | December 6 – February 10

Our talented and experienced coaches are excited to introduce, build, and fine tune the important skills and techniques to help foster young athletes to flourish in basketball. Each child will be placed on a team in their respective division. Season starts with one week of a basketball clinic to prepare for the season. Every week following, each team will play a different team, and will compete to reach our Basketball Finals!! Parents will receive a schedule before the start of the season.

K-1st Grades (beginners) play on Mondays between 5:00-6:00pm or 6:00-7:00pm

1st-2nd Grades play on Wednesdays between 5:00-6:00pm or 6:00-7:00pm

3rd-4th Grades play on Tuesdays & Thursdays between 5:00-6:00pm

LAKELAND HILLS FAMILY YMCA

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