GET IN THE GAME

KansasCityYMCA.org/Sports

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Below is an overview of Y Sports offered throughout the Greater Kansas City area. Availability varies by Y location. Visit **KansasCityYMCA.org/Sports** to view all of our offerings by location and to register.

Bitty Sports (ages 3–5)

Learn to love a sport at the Y! Bitty Sports teach kids ages 3–5 the basics of sports in a structured, fun and non-competitive environment. No matter which sport you choose, all players learn the importance of teamwork, fair play and fun. Players are introduced to the sport through three instructional practices and three instructional games.

Bitty Baseball	Bitty Basketball	Bitty Cheerleading	Bitty Flag Football	Bitty Soccer
SPRING & SUMMER	FALL & WINTER	SPRING & FALL	SPRING & FALL	SPRING & FALL

Youth Sports (ages 5+)

Baseball
All players learn game fundamentals like catching, throwing, batting, defense and base running in a fun and supportive environment. Our baseball leagues progress with age to keep the game fun at every level. **Season: summer**

Basketball
Children develop basketball skills including passing, receiving, shooting, footwork and dribbling. Not only will children have an opportunity to improve their technique, but they'll also build social skills, gain confidence and develop leadership skills. **Seasons: fall & winter**

Cheerleading
Kids increase strength, flexibility and balance while learning the fundamentals of cheerleading. Participants learn age-appropriate chants, cheers and routines and experience the performance aspect of cheerleading as they cheer at Y sporting events. **Seasons: spring & fall**

Flag Football
Children learn how to throw, catch, run routes and other aspects of the game that will help them develop skills like hand-eye coordination. Children will have an opportunity to stay active, develop leadership skills and build self-esteem as they improve their technique. **Seasons: spring & fall**

Martial Arts
Classes focus on self-confidence, spatial awareness, coordination and rhythm. Kids learn techniques for kicks, punches and blocks. All classes are grouped by age and ability. Programs may include Karate, Aikido, Tae Kwon Do or other martial arts formats. **Offered year-round**

Soccer
Emphasizing fair play and fun, soccer at the Y is progressive with age-appropriate rules to help teach the game and keep it fun at every level. Our soccer program focuses on the basic skills including kicking, passing, dribbling, shooting, defense and working as a team. **Seasons: spring & fall**

Adult Sports (ages 18+)

Whether you miss "suiting up" or are new to team sports, the Y's adult team sports provide a perfect opportunity to be active, social and to reconnect or start fresh with a sport you love. Basketball, volleyball and futsal are offered at select Y locations throughout the year.

Basketball

Volleyball

Futsal

BLUE SPRINGS Y SPORTS

KansasCityYMCA.org/Sports

the YMCA — FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

FALL 2018 **BLUE SPRINGS FAMILY YMCA** 1300 SE ADAMS DAIRY PARKWAY, BLUE SPRINGS, MO 64014 **816.224.9622**

Bitty Sports (ages 3-5)

$10 for Y members and $60 for community participants. A $15 late fee will be charged after registration deadline for Y members and community participants. A jersey and medal are provided to all participants. Six one-hour meetings include three instructional practices and three instructional games led by volunteer coaches.

Bitty Soccer

DATE	DAY	TIME	REG. DEADLINE	LOCATION
8/6-8/22	M/W	6-7 p.m.	7/30	William Bryant Elementary School
9/11-9/27	Tu/Th	6-7 p.m.	9/4	William Bryant Elementary School

Bitty Cheer

DATE	DAY	TIME	REG. DEADLINE	LOCATION
8/7-8/23	Tu/Th	6-7 p.m.	7/31	William Bryant Elementary School
9/10-9/26	M/W	6-7 p.m.	9/3	William Bryant Elementary School

Bitty Flag Football

DATE	DAY	TIME	REG. DEADLINE	LOCATION
8/7-8/23	Tu/Th	6-7 p.m.	7/31	William Bryant Elementary School
9/10-9/26	M/W	6-7 p.m.	9/3	William Bryant Elementary School

Bitty Basketball

DATE	DAY	TIME	REG. DEADLINE	LOCATION
10/2-10/19	Tu/F	6:15-7:15 p.m.	9/25	Franklin Smith Elementary
10/30-11/16	Tu/F	6:15-7:15 p.m.	10/23	Franklin Smith Elementary

Youth Sports (ages 5+)

Divisions determined by 2018-2019 school year with weekly one-hour practices led by a volunteer coach. Practices may start after 8/25, games start as early as 9/8. Season consists of 6-8 league games.

Register early thru 8/6: $40 Y members, $80 community participants
Register after 8/6: $60 Y members, $100 community participants

Youth Flag Football

DATE	GRADES	GAME DAYS	GAME TIME RANGE	REG. DEADLINE	LOCATION
8/25-10/27	K-1st	Sa	9 a.m.-4 p.m.	8/20	William Bryant Elementary
8/25-10/27	2nd-3rd	Sa	9 a.m.-4 p.m.	8/20	William Bryant Elementary
8/25-10/27	4th-5th	Sa	9 a.m.-4 p.m.	8/20	William Bryant Elementary

Youth Soccer

DATE	GRADES	GAME DAYS	GAME TIME RANGE	REG. DEADLINE	LOCATION
8/25-10/27	K-1st	Sa	9 a.m.-4 p.m.	8/20	William Bryant Elementary
8/25-10/27	2nd-3rd	Sa	9 a.m.-4 p.m.	8/20	William Bryant Elementary
8/25-10/27	4th-5th	Sa	9 a.m.-4 p.m.	8/20	William Bryant Elementary

REGISTER TODAY!

Registration is easy! Register online at **KansasCityYMCA.org/Sports** or at your local YMCA.
Be sure to contact us if you have any questions.

VOLUNTEER AS A COACH

Are you ready to lead? We need volunteers looking to make a positive influence and provide great experiences for youth.
We help provide instruction and training as needed. No experience necessary. Sign up to coach during the registration process.

FINANCIAL ASSISTANCE

Thanks to the generosity of donors, we are able to offer financial assistance for program fees to make programs accessible to those in need. Check with your YMCA center staff to learn more.

Want to help make sports possible for others in need? Donate to the Y at **KansasCityYMCA.org/Give.**

SPORTS FOR EVERYONE

Did you know we have sports for kids with disabilities and special needs? Kids of all abilities have the opportunity to play sports with YMCA Challenger.

Learn more at **KansasCityYMCA.org/Challenger**.

OUR MISSION

The YMCA of Greater Kansas City, founded on Christian principles, is a charitable organization with an inclusive environment committed to enriching the quality of family, spiritual, social, mental and physical well-being.

A UNITED WAY AGENCY