



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING • SPORTS FITNESS • FAMILY

Fall 2017 Youth Programs **B.R. RYALL YMCA**



YOUTH SWIM LESSONS

GROUP SWIM LESSONS

Our swim lessons are structured to promote incremental and consistent improvement. Class sizes are small to allow the maximum amount of student to swim instructor time—ensuring everyone learns skills appropriate for their abilities in a safe environment.

FALL 1: September 11 - October 14

FALL 2: October 16 - November 18

FEE: \$60 member \$100 non-member

FALL INTERIM: November 27 - December 16

FEE: \$45 member \$60 non-member

AGES 3-6

Children ages 3-6 with limited or no swimming experience will be assigned to Level 1 or Level 2 classes to get acclimated to water and learn beginning skills. Classes are 30 minutes and are in the small pool.

LEVEL 1 SKILLS: gaining comfort in water, going underwater, controlling breathing, practicing safety, floating and kicking

LEVEL 2 SKILLS: mastering unassisted floating, front and back paddling

CLASS FORMAT AND PLACEMENT

Classes are held once a week. Select the time that works for the age of your child. Swimmers will be evaluated on the first day of class and placed into the appropriate level based on demonstrated ability and skills.

	MON.	TUES.	WED.	THURS.	SAT.
8:35 a.m.	-	-	-	-	83SAT
9:10 a.m.	-	-	-	-	91SAT
9:45 a.m.	-	-	-	-	94SAT
10:20 a.m.	-	-	-	-	10SAT
10:35 a.m.	-	10TUE	-	10TH	-
10:55 a.m.	-	-	-	-	55SAT
11:15 a.m.	-	11TUE	-	11TH	-
11:30 a.m.	-	-	-	-	30SAT
4:35 p.m.	43MON	-	43WED	-	-
5:10 p.m.	51MON	-	51WED	-	-
5:45 p.m.	54MON	-	54WED	-	-
6:30 p.m.	62MON	-	62WED	-	-
7 p.m.	72MON	-	72WED	-	-



AGES 6+

Levels 3-6 are for swimmers who've mastered floating and paddling, and are prepared to begin or build on stroke development. These 30-minute classes help prepare your child to transition to our Swim Team.

LEVEL 3 SKILLS: breast stroke arms, streamline kicks, backstroke, butterfly kicks, introduction to freestyle

LEVEL 4 SKILLS: perfecting strokes with a focus on breast stroke, butterfly and side breathing

LEVEL 5 SKILLS: flip turns, perfecting strokes

LEVEL 6 SKILLS: mastering flip turns, starts and finishes, perfecting strokes at swim team distances

LARGE POOL	MON.	TUES.	WED.	SAT.
8:35 a.m.	-	-	-	35SAT
9:10 a.m.	-	-	-	291SA
9:45 a.m.	-	-	-	294SA
10:20 a.m.	-	-	-	210SA
10:55 a.m.	-	-	-	15SAT
11:30 a.m.	-	-	-	11SAT
6:30 p.m.	63MON	-	63WED	-
7 p.m.	7MON	7TUE	7WED	-
7:30 p.m.	73MON	73TUE	73WED	-

B.R. RYALL YMCA SWIM TEAM

Our team—a USA Swimming Level II Club and one of the top teams in the state—offers an exciting opportunity for swimmers of all levels to experience competitive swimming. To learn more or to schedule a tryout, contact head coach Chris Flamion at cflamion@ryallymca.org.

YOUTH SPORTS

YOUTH BASKETBALL LEAGUE (YBL) PRESEASON CLINIC (grades K-5)

YBL participants are encouraged to take advantage of this clinic to refresh skills, as well as to learn more about strategy and teamwork, before the start of the season.

October 14 10 a.m. to noon

FEE: \$10 member \$15 non-member

YOUTH BASKETBALL LEAGUE (YBL) (grades K-5)

YBL maximizes the positive effects of athletics by emphasizing healthy competition, while promoting teamwork and sportsmanship. Your child will learn the fundamentals through weekly practices and games on Saturday mornings. Each level is based on age and ability.

October 16 - December 16 (no games on November 25)

REGISTRATION DEADLINE: October 5

FEE: \$80 member \$110 non-member

PEE-WEE LEAGUE (recommended grades K-1)

This league introduces kids to the rules and game of basketball. With loose refereeing and no score kept, your child will gain an understanding of the sport and begin to fall in love with it. Basket height is lowered to 8 ft.

YOUTH LEAGUE (recommended grades 1-3)

Basket height goes up to 8.5" and officiating gets stricter as these older kids learn the game. This league prepares players for the next level.

JUNIOR LEAGUE (recommended grades 3-5)

With the basket at 9" and all rules are enforced, this league is perfect for strengthening fundamentals while still allowing kids to have fun. Fouls and violations will be called by trained officials in this new, competitive level. The league will end with a championship-style playoff.

MIDDLE SCHOOL BASKETBALL LEAGUE (grades 6-8)

Form a team at your school or sign up as an individual and show off your basketball skills in our intramural league. Brackets will be developed based on gender and ability. The league will consist of weekly practices, six games held on Fridays, and playoffs to determine a champ!



KARATE TOURNAMENT TEAM (grades 1-5)

Train with our partners from JKA WF Chicago Karate Institute to discipline the mind, condition the body and study the basic fundamentals of Karatedo. Our Karate Team is for children who want to build their confidence and work with peers—progressing through belts and training to attend tournaments. All levels are welcome!

September 26 - November 14
Tuesdays 5:30-7 p.m.

FEE: \$80 member \$100 non-member

COMING THIS WINTER: YOUTH FUTSAL INDOOR SOCCER LEAGUE (ages 6-14)

Created in 1930 at a YMCA in Uruguay, Futsal is likely the most widely played form of indoor soccer in the world. Games are fast-paced and focus on soccer development, and are played on a basketball court in a 5v5 format with teams of 7-10 players.

Sundays, January 7 - March 11
Registration opens October 1.

Y KIDS FITNESS/NUTRITION

Here at the Y, we believe that kids should be involved with fun exercise and fitness activities, as well as nutritional education—to learn the importance of being active and developing healthy habits—from an early age.

Recommended for children in grades K-5, the Y Kids Fitness program offers a variety of classes—including Train Like A Ninja, Pound to Sound, Dribble Drills, Bootcamp, Hockey Hot Shots, Aqua Splash, Cardio Kick, Balance Buddies and more—to appeal to all kids.

Staying active helps children:

- Have fun.
- Get in the habit of exercise at an early age.
- Maintain a healthy weight.
- Develop strong muscles and bones, and a healthy heart and lungs.
- Sharpen motor skills, balance and coordination.
- Improve self-esteem.

In addition to the fitness component, classes offer healthy eating and nutritional education with fun recipes, snacks and games. The schedule changes monthly to ensure activities and exercises remain fun and exciting.

CLASS FEE

There is no need to register... just show up! Classes are free for members with Premium Memberships. Those with Basic Memberships can upgrade to Premium and attend unlimited classes for just \$10 per month.

NOT A MEMBER? NOT A PROBLEM!

Pay \$5 per class or buy a 10-visit punchcard for \$50.

Y KIDS GO CLUB

Beginning September 13, we will launch the Y Kids GO Club—focused on teaching kids how to make healthy nutritional choices, to prepare healthy snacks and meals, and to build their own recipe box of GO (good) foods.

The Club will meet following the Y Kids Fitness class on Wednesdays from 5:30-6 p.m.



...AND WE OFFER SO MUCH MORE!

This guide includes just a sampling of our popular fall programs for youth. We also offer enrichment classes like yoga, science and Spanish, and Kids Days Off programs on days when there is no school.

DISTRICT 89 PARENTS: Did you know we provide after-school enrichment programs on-site at your child's elementary school? For details, ask your school office or contact Cindy Goss at cgoss@ryallymca.org.

FOR FAMILY TIME

Our Y Guides and Y Princesses program allows dads and their kids (grades K-5) to develop strong bonds that support self-esteem and communication—setting the foundation for positive, lifelong relationships. Participants gain a sense of belonging and learn the importance of giving back through activities with other families and service projects.

For details, visit www.brriallymca.org/guides or contact Ben Yates at ben.yates@hotmail.com.