



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**5 WEEK
SEASON!**

SUMMER YOUTH BASKETBALL LEAGUE

This fun-filled summer league is designed for athletes who want to learn, grow and develop their skills. Youth will play together, learn together and have fun! Jerseys will be given to each player. Games will be played on Tuesdays and Thursdays at the Y.

July 9 – August 8

Week 1: Practices

Week 2-5: Games on Tuesdays and Thursdays

Divisions:

Entering 1st/2nd Grade

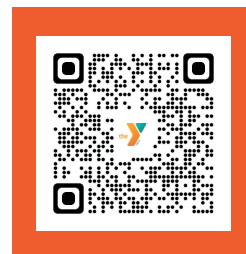
Entering 3rd/4th Grade

Fees:

\$55 member \$110 non-member

REGISTER TODAY!

**SCAN TO
REGISTER**



A volunteer head coach is needed for each team. If you are interested in coaching, please contact:
Jim Powers at jpowers@ryallymca.org or 630.547.2014



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TRAIN WITH THE BEST

Parisi Speed School at the Y
June 4 – August 8

NEW PUNCH CARDS!

Now you can enjoy the flexibility of attending classes at your convenience. Purchase your 10-class punch card today and take your training to the next level! Punch cards are valid June 4 – August 8, 2024. \$225 members, \$275 non-members

*Online class reservation is required at least 24 hours in advance to ensure that classes will run.



JUMP START (AGES 7-11)

Jump Start utilizes the most up-to-date research to build an athlete's foundation to improve coordination and self-confidence. The Jump Start program is a must for any child who wants to develop an athletic foundation of skills that will help them get faster and stronger to rise above the competition.

Tuesdays 3-4 p.m. with Jessica
Tuesdays 5:30-6:30 p.m. with Charles
Wednesdays 5-6 p.m. with AI
Thursdays 4-5 p.m. with AI

Questions? Contact Jessica Rangel,
Senior Director of Healthy Living, at
jrangel@ryallymca.org or 630.547.2009



TOTAL PERFORMANCE (AGES 11-14)

Total Performance utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting edge coaching techniques from certified Parisi Performance Coaches to produce maximum improvements in athletic performance. At this level, programming is broken down into an individual focus per session: linear speed, acceleration and deceleration, change of direction and strength. This program builds on an athlete's physical foundation and refines their skills in order for them to maximize their strength, aerobic and/or sport-specific training.

Tuesdays 6:30-7:30 p.m. with Charles
Thursdays 5-6 p.m. with AI

TOTAL PERFORMANCE STRENGTH (AGES 11-14)

Total Performance Strength provides an introduction of strength training concepts with an emphasis on proper form, movement patterns, bodyweight resistance training, progressive programming and injury prevention. This program develops the foundation for an athlete's relative strength, while teaching optimal body mechanics in a safe, fun environment.

Tuesdays 2-3 p.m. with Jessica
Wednesdays 4-5 p.m. with AI



Scan the
QR Code
to register.

B.R. Ryall YMCA

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