



Preschool, Child, and Youth Programs

Fall-1 2025 Schedule

September 8th - October 26th

Drop In Child Programs							
Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stay & Play	0-5 years 9:00-12:00pm	0-5 years 9:00-12:00pm	0-5 years 9:00-12:00pm	0-5 years 9:00-12:00pm	0-5 years 9:00-12:00pm	0-3 years 9:00-12:00pm	
Y Kids	3-9 years 5:00-8:00pm	3-9 years 5:00-8:00pm	3-9 years 5:00-8:00pm	3-9 years 5:00-8:00pm		3-9 years 9:00-12:00pm	
Drop In Youth Programs							
Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Basketball		13 years + 2:45-4:30pm 7:45-8:45pm	13 years + 8:00-8:45pm		13 years + 2:30-5:00pm	13 years + 2:30-4:45pm	13 years + 2:30-4:45pm
Youth Volleyball	10-13 years 7:15-8:00pm 13 years + 8:00-8:45pm						
Youth Gym Space					5:00-8:45pm		
Registered Child and Youth Programs							
Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Volleyball \$	6-9 years 5:00-5:45pm						
Volleyball \$	10-12 years 6:00-7:00pm						
Floor Hockey \$		6-9 years 5:15-6:00pm					
Rhythm & Stretch \$			6-12 years 5:00-5:45pm				
Basketball \$			6-9 years 6:00-6:45pm				
Basketball \$			10-12 years 7:00-8:00pm				
Soccer \$				6-9 years 5:15-6:00pm			
Registered Youth Leaders					10-16 years 6:00-7:00pm		
½ Day Sports Fundamentals PA Day Camp \$					6-9 years 12:00-3:00pm Sept 26, Oct 24, Nov 14		
Friday Night Fun Club \$					6-9 years 5:00-7:00pm Sept 12, Oct 10, Nov 14, Dec 12		

All Registered Fundamentals Sports Programs are \$30.00 per session for Members / \$130 per session for Non-Members

NOTE: Schedule subject to change.

Please visit our Portal to check on the class times, cancellations or program changes.



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September 8th - October 26th

Program Name	Program Information	
Volleyball Fundamentals \$	Ages 6-9 yrs Mondays 5:00pm - 5:45pm Ages 10-12 yrs Mondays 6:00pm - 7:00pm	YMCA Volleyball Fundamentals is a skill-based basketball program for children. This program blends fun games with skill exercises and a spotlight on sport- specific fitness. We will guide participants to build their athletic competence, using classes that will teach the major skills and the physical literacy needed for players to succeed in the sport.
Floor Hockey Fundamentals \$	Ages 6-9 yrs Tuesdays 5:15pm - 6:00pm	YMCA Floor Hockey is a skill-based floor hockey program that blends fun games with skill exercises and a spotlight on sport-specific fitness. We will guide participants to build their athletic competence, using classes that will teach the major skills and the physical literacy needed for players to succeed in the sport.
Rhythm & Stretch \$	Ages 6-12 yrs Wednesdays 5:00pm - 5:45pm	Children will explore the fundamentals of different stretching techniques which will introduce skills in gymnastics and different styles of dance. While working with instructors and peers, children will participate in games, activities and movement.
Basketball Fundamentals \$	Ages 6-9 yrs Wednesdays 6:00pm - 6:45pm Ages 10-12 yrs Wednesdays 7:00pm - 8:00pm	YMCA Basketball Fundamentals is a skill-based basketball program for children. This program blends fun games with skill exercises and a spotlight on sport specific fitness. We will guide participants to build their athletic competence, using classes that will teach the major skills and the physical literacy needed for players to succeed in the sport.
Soccer \$	Ages 6-9 yrs Thursdays 5:15pm - 6:00pm	YMCA Soccer Fundamentals participants will grow their knowledge in the basic skills of soccer, including: dribbling, passing, shooting and field strategy. YMCA Instructors will educate players about rules and etiquette while encouraging teamwork and fitness competencies needed to play the sport.
Youth Leaders Program is free with a classic YMCA membership	Ages 10-16 yrs Fridays 6:00pm - 7:00pm	Our leadership program combines leadership training, teamwork and volunteer opportunities to help participants build self-confidence and meaningful connection with peers and members of the community. Participants will have the opportunity to participate in both aquatic and the dry land streams of the YMCA leadership program. Participants can expect to volunteer in the YMCA, take part in fun interactive activities and participate in the Youth Wellness program.
Friday Night Fun Club \$	Ages 6-9 yrs Fridays 5:00pm - 7:00pm \$15.00 for members Sept 12, Oct 10, Nov 14, Dec 12	Join us for a night of social games, fun activities, and active play in a safe and welcoming environment. Bring your energy, your smile, and your friends — lets make Friday nights FUN!
Half-Day Sports Fundamentals PA Day Camp \$	Ages 6-9 yrs Fridays 12:00pm - 3:00pm \$25.00 for members Sept 26, Oct 24, Nov 14	Led by NCCP-certified coaches and dedicated volunteers, our half-day PA Day Sport Camps are the perfect way for kids to stay active, social, and engaged. Each camp focuses on developing a variety of fundamental sport skills in a fun and supportive environment.