Hal Welsh East Area Family YMCA

SPORTS PROGRAMS
Spring I 2020: March 1st – April 18th  *No Classes 4/5 – 4/11
Registration begins on February 9th both online and in-house!

FOR SPORTS INFORMATION:
James Burgess, Sports Director
315.637.2025 ext. 232
jburgess@ymcacny.org

YOUTH SPORT CLASSES
Your child will learn how to play the game through fundamentals and following instructions while playing together as a team.

KINDER-MINI (AGES 2-4) * Parent and Child
____ Tumbling: Mondays 9:00am-9:30am
  • Family Member: $38; Youth Member: $58; Non-Member $76

____ Soccer: Tuesdays 9:15am-9:45am
  • Family Member: $38; Youth Member $58; Non-Member $76

____ T-Ball: Tuesdays 10:00am-10:30am
  • Family Member: $38; Youth Member $58; Non-Member $76

____ Trio (Basketball, T-Ball, Tumbling)
  Tuesdays 4:15pm-4:45pm
  • Family Member: $38; Youth Member $58; Non-Member $76

____ Trio (Basketball, T-Ball, Soccer)
  Thursdays 9:15am-9:45am
  • Family Members: $38; Youth Member: $58; Non-Member $76

____ Tumbling Thursdays 10:00am-10:30am
  • Family Member: $38; Youth Member $58; Non-Member $76

____ Basketball: Thursdays 10:45am-11:15am
  • Family Member: $38; Youth Member: $58; Non-Member $76

KINDER (AGES 4-6)
____ Tumbling Mondays 6:15pm-7:00pm
  • Family Members: $38; Youth Members: $58; Non-Member $76

____ Basketball Tuesdays 5:00pm-5:45pm
  • Family Members: $38; Youth Member: $58; Non-Member $76

____ Trio (Basketball, Soccer, T-Ball)
  Thursdays 4:00pm-4:45pm
  • Family Members: $38; Youth Member: $58; Non-Member $76

MINORS, (AGES 6-8)
____ Basketball: Tuesdays 6:00pm-6:45pm
  • Family Member: $38; Youth Member: $58; Non-Member $76

____ Soccer: Wednesdays 5:00pm-5:45pm
  • Family Member: $38; Youth Member: $58; Non-Member $76

____ Floor Hockey Thursdays 5:00pm-5:45pm
  • Family Member: $38; Youth Member: $58; Non-Member $76

____ Baseball: Thursdays 6:00pm-6:45pm
  • Family Member: 38$ Youth Member: 58$; Non-Member $76

TWEENS, (AGES 9-12)
____ Basketball: Tuesdays 7:00pm-7:45pm
  • Family Member: $38; Youth Member: $58; Non-Member $76

____ Volleyball: Wednesdays 6:00pm-6:45pm
  • Family Member: 38$ Youth Member: 58$; Non-Member $76

____ Basketball: Thursdays 7:00pm-7:45pm
  • Family Member: 38$ Youth Member: 58$; Non-Member $76

TEENS, (AGES 13-15)
____ Volleyball: Wednesdays 7:00pm-7:45pm
  • Family Member: 38$ Youth Member: 58$; Non-Member $76

BIRTHDAY PARTIES
Celebrate your child’s birthday at the Y! Your child can celebrate their special day playing different gym games & sports with friends & family. Contact our Birthday Party Coordinator, Jamie Schleicher at 315.264.3269 with questions, or check out our Birthday Party brochure.

YOUTH LEAGUES
Elite Youth Basketball League
Season Dates: Saturdays March 28th to June 6th
No Games Memorials Day Weekend
Although the Elite Youth Basketball League is competitive it is open to boys and girls of all skill levels. Our first week will consist of a tryout with skills, drills, and a scrimmage in order to properly evaluate each player and separate teams. The
OUR LEAGUES CONTINUED

last 2 weeks will consist of playoffs in order to see who takes down the Hal Welsh East Area YMCA Elite YBL Championship. Each player will receive an NBA replica jersey with matching shorts!

7-9 Year Old Division 1:00pm-2:00pm
10-12 Year Old Division 2:15pm-3:15pm
13-14 Year Old Division 3:30pm-4:30pm
15-17 Year Old Division 4:45pm-5:45pm

- $105 Family Member / $145 Youth Member / $205 Non-Member

Youth Basketball League (YBL)
Season Dates: Saturday’s March 21st – May 9th
YBL is an indoor basketball league that is open to boys and girls ages 3-9. We emphasize the fundamentals of basketball as well as fair play, sportsmanship, and a great time! Times listed below are all dependent on registration.

3-4 Year Old Division 9:30am – 10:15am
5-6 Year Old Division 10:30am – 11:30am
7-9 Year Old Division 11:45am – 12:45am

- $55 Family Member / $75 Youth Member / $105 Non-Member

VOLUNTEERS NEEDED!
A successful YBL season depends on its volunteer coaches, assistant coaches, and score keepers. Please contact James Burgess to get started! (Contact Information Listed Above)

Flag Football League
Season Dates: Saturday’s April 11th – June 6th
No Games Memorials Day Weekend
Our Flag Football League is open to boys and girls for ages 5-12. We will work on the fundamentals of the game like passing, catching, route running, defense and more. Players will practice each week with game times increasing each week. Each player will receive a YMCA team shirt. Games will be played right at Hal Welsh East Area YMCA on back field top of hill.

5-6 Year Old Division 2:15pm – 3:15pm
7-9 Year Old Division 3:30pm – 4:30pm
10 -12 Year Old Division 4:45pm – 5:45pm

- $65 Family Member / $85 Youth Member/$130 Non-Member

ADULT LEAGUES
Member Basketball League
- Spring Season Dates: Mondays, April 27th to July 6th

Our Adult Member Basketball League is a wonderful way to come together as a team and compete for the Eastern District YMCA Championship. This is a draft, so registrations must be submitted by the deadline to be placed on a team. YMCA JERSEYS MUST BE WORN IN ORDER TO PLAY. Jerseys are available for purchase as a one-time jersey fee and they can be used for any future member basketball leagues. Players not come prepared will have to share jerseys or forfeit.

___ League info: 6:00pm-10:00pm (19+)
- $25 Member Fee; $25 Jersey Fee
Register by Sunday, January 5th

Captain’s Draft Night:
- Monday, April 20th @ 7pm
Players will be notified by e-mail of team & schedule

GYM SCHEDULE
Monday - Friday 5:30am - 10:00pm
Saturdays 5:30am - 9:00pm
Sundays 8:00am - 7:00pm
*Gym schedules are subject to change.
*Please refer to our gym schedules for more detailed description of court usage.

Basketballs are available in the gym. Members can grab other equipment from our gym staff. Our gym is a safe environment for all ages so please abide by our rules to make our gym a fun place for all to enjoy.

OPEN SPORTS
Open Sports are available for members to come together and play in a non-competitive atmosphere, regardless of ability. Please see a gym attendant for equipment and court set-up.
*Ages 15 & up, unless otherwise noted.
(AA= Active Adult, Ages 55+)
Open Badminton
- Sundays 10am-12pm
- Tuesday 10am – 12pm
- Tuesdays 7pm - 10pm
- Thursdays 8pm – 10pm
- Fridays 12:30pm – 2:30pm

Open Volleyball
- Sundays 3:00pm-6:00pm
- Wednesdays 8:00pm-10:00pm
- Fridays 7:00pm-10:00pm

Open Pickle-ball @ The East Y
- Sundays 12pm - 2pm (15+)
- Mondays 9am – 11am (15+)
- Wednesdays *NEW PLAYERS* 8:30am-9:30am
- Wednesdays 9:30am – 12pm (AA)
- Thursdays 7am – 11am (15+)
- Thursdays 6pm - 6:30pm (family time 8+)
- Thursdays 6:30pm - 8pm (15+)