



**MONROE COUNTY YMCA**  
NORTHWEST BRANCH  
1375 North Wellness Way  
Bloomington, IN 47404  
812-331-5556

Questions? Contact Chris Stone, 961-2360  
or email [cstone@monroecountyyymca.org](mailto:cstone@monroecountyyymca.org).

**For class descriptions and more program information, see program catalog or [monroecountyyymca.org](http://monroecountyyymca.org)**

Prices are listed for members/non-members

## YOUTH PROGRAMS: SPORTS & MORE ADULT SPORTS Northwest Branch

FALL 2016

### YOUTH

#### SOCCER LEAGUE

##### SEASON DATES

7 weeks • September 6 - October 24

REGISTRATION begins August 1

##### WILD ANIMAL DIVISION (age 3-4)

Come and join us in learning basic rules and fundamentals essential to soccer all the while having fun and engaging in team play

5:30-6:15 pm \$45/\$78

M Eagles  
T Hippos  
Th Coyotes

##### EUROPEAN DIVISION (age 5-6)

Come and join us while we reinforce the rules and fundamentals essential to soccer through practice and games.

5:30-6:30 pm \$45/\$78

T Germany  
T Spain  
T France

##### SOCCER FUNDAMENTALS (age 6-10)

This class will allow your child to develop their soccer skills through drills, contests, and games. Class will meet from 5:30-6:30.

Th \$45/\$78

#### YOUTH FLAG FOOTBALL

##### SEASON DATES

7 weeks • September 7 - October 19

REGISTRATION begins August 1

Come out and enjoy the game of football without the contact.

##### NFL DIVISION (ages 7-8) \$52/\$85

Practice and games will be held from 5:30-6:30.

M/W Colts  
M/W Packers  
M/W Raiders

##### COLLEGE DIVISION (ages 9-11) \$52/\$85

Practice and games will be held from 5:30-6:30.

M/W Florida  
M/W Miami  
M/W Wake Forest

More programs on the back!

## BASKETBALL LEAGUE

### SEASON DATES

7 weeks • November 1 – December 19

REGISTRATION begins September 1

- Players are not guaranteed the same coach or team they had in the previous season.

### WILD ANIMAL DIVISION (age 3-4)

Clinic-style format where parents are encouraged to help their children.

5:30-6:00 pm \$45/\$78

M Eagles  
T Hippos  
W Colts  
Th Coyotes

### NBA EAST DIVISION

Practices and games will be held from 6:00-7:00 pm. \$45/\$78

T Knicks  
T Hornets  
T Celtics

### NBA WEST DIVISION

Practices and games will be held from 6:00-7:00 pm. \$45/\$78

Th Grizzlies  
Th Mavs  
Th Rockets

### BASKETBALL FUNDAMENTALS

Occasional games and contests will be mixed with skill-building drills to keep the class fun for all participants.

W 6:00-7:00. \$45/\$78

### HOLIDAY CAMP (age 5-12)

School's out? Come to the YMCA for a fun-filled day of games, crafts, and swimming. Bring a sack lunch, swim suit, and a towel.

7:30 am-5:30 pm \$30/\$40

Camp dates:

October 10, 11, 12, 13, 14  
November 21, 22, 23, 24, 25  
December 22, 23, 26, 27, 28, 29, 30

### SAFE SITTER COURSE (age 11-13)

"BETTER SITTERS TODAY...BETTER PARENTS TOMORROW"

This medically accurate instruction series teaches boys and girls age 11-13 how to handle emergencies when caring for young children. Safe Sitters will learn basic life-saving techniques, safety precautions to prevent accidents, how and when to summon help, and tips on basic child care. Class now includes CPR training.

Students must demonstrate care of the choking infant/child and rescue breathing and pass a written exam. Class limited to 16 students. Manual included. Bring a sack dinner.

September 12-15 4:15-8:00 pm \$60/\$90

November 14-16 4:15-8:00 pm \$60/\$90

Community Room B

## BIRTHDAY PARTIES

Celebrate your birthday with the YMCA! Select between a Sports, Pool, or Gymnastics Party. All parties included trained staff supervision, party room, T-shirt for the birthday child, and organized activities in the gym or swim time for the pool parties.

**SPORTS PARTIES** are held at the NW YMCA.

Sat 1:00-2:30 pm, 4:00-5:30 pm \$150  
Sun 3:00-4:30 pm \$150

**SWIMMING PARTIES** held at the NW YMCA. Traditional Swimming Parties cost \$150. Grand Swimming Parties cost \$175.

Sat 1:00-3:00 pm  
4:00-6:00 pm  
Sun 1:00-3:00 pm

**GYMNASTICS PARTIES** (age 5 and up) are offered at the YMCA Gymnastics Center.

Sat 3:30-5:00 pm \$150  
Sun 3:30-5:00 pm \$150

## ADULT

### 5K FRIDAYS

Discover a healthier you! Enjoy a fun, non-competitive, 5K Run/Walk. Check-in begins at 5:30 pm and the 5K will start at 6:00 pm. Event will run rain or shine. Participants will follow a marked course around the NW YMCA outdoor track.

Begins September 2 Complimentary

### INDOOR QUAD VOLLEYBALL

Form a team of family, friends, or co-workers for the upcoming season. Matches consist of best of 5 games to 25 utilizing rally scoring. Teams may have up to 6 players on their roster.

F 6:00-9:00 pm \$100 per team

### OUTDOOR 7V7 FLAG FOOTBALL

Games will run rain or shine. Games consist of four 10 minute quarters. League starts on October 1.

Sat 10:00 am-1:00 pm \$315 per team

Questions? Contact Chris Stone, 812-961-2360  
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