

Advanced Virtual Sports

(Boys and Girls grades 3-5)

The YMCA's Virtual Gym adds a new twist to having fun and staying active. By taking video game technology and creating interactive fitness equipment your child can have fun and get a great workout using our Sports Wall, Trazer, Xerdance and the Wii as they compete in games and contests.

Basketball Buddies

(Boys and Girls age 3, with parent)

Players are introduced to a variety of basketball fundamentals. Every skill the players learn are based on parent-child interaction so parent involvement is integral to the program.

Players learn to pass, dribble, shoot, and play defense. All equipment is supplied by the YMCA including a team t-shirt.

Floor Hockey

(Boys and Girls grades K-1)

Floor Hockey continues to build on the lessons of Pee-Wee Floor Hockey. There is a greater emphasis on playing games in Floor Hockey, so practices are focused on situational awareness and execution. Also, because more games are played in Floor Hockey, the concepts of team play and good sportsmanship are central to the program. All equipment is supplied by the YMCA including team t-shirts for all players.

Girls Basketball

(Girls grades K-3)

Girls Basketball is designed to be both a beginner program and a developmental league. The girls will spend time learning and practicing fundamentals, but will quickly move to games. Teamwork, sportsmanship, fair play, and FUN are central to each lesson. All equipment is supplied by the YMCA including a team t-shirt.

Girls Sports Spectacular

(Girls grades K-3)

Girls Sports Spectacular is held at YMCA Camp Sloper, so participants are introduced to a wide variety of outdoor sports and activities. These games and activities include soccer, t-ball, hiking, water sports, basketball and many more! Teamwork, fair play, sportsmanship, and FUN are central to each game and lesson. All equipment is supplied by the YMCA unless specifically mentioned by the instructor.

Happy Hikers

(Boys and Girls grades K-5)

Hike the exciting trails at YMCA Camp Sloper with your own personal tour guide! Happy Hikers is a great way to see YMCA Camp Sloper in a way that not many get to see. Our hikes take us around the pond, up the mountain, and past the 7 Wonders of Camp Sloper. Hikers stay active, appreciate the outdoors, make new friends, and enjoy an end of the session cook-out.

Junior Virtual Sports

(Boys and Girls grades K-2)

The YMCA's Virtual Gym adds a new twist to having fun and staying active. By taking video game technology and creating interactive fitness equipment your child can have fun and get a great workout using our Sports Wall, Trazer and the Wii as they compete in games and contests.

Mighty Mightys

(Boys and Girls ages 3-4, with parent)

Mighty Mightys is a great introduction to a variety of sports and physical activities, as we play a different game in each of the eight weeks. Games include soccer, kick ball, parachute games, obstacle courses and many more. Motor skill development, hand-eye coordination, and following directions are emphasized in every activity in Mighty Mightys. All equipment is supplied by the YMCA unless specifically mentioned by the instructor.

Parent & Me Pillo-Polo

(Boys and Girls age 3, with parent)

Pillo-Polo is a variation of floor hockey. Participants use nerf-type equipment and a large size ball. Pillo-Polo is designed to help children develop hand-eye coordination, while learning the basic skills associated with the game. Team play, sportsmanship, and fun will be emphasized. All equipment is supplied by the YMCA including team t-shirts for all players.

Parent & Me Soccer

(Boys and Girls age 3, with parent)

Players are introduced to a variety of soccer fundamentals. Every skill the players learn are based on parent-child interaction so parent involvement is integral to the program. Players learn to pass, dribble, shoot, and to play defense. Players should bring a water bottle and shin guards. Every player will get a team t-shirt.

Parent & Me Track and Field

(Boys and Girls age 3 with parent)

Children with their parents develop gross motor skills while they get to run, jump and throw in fun outdoor track events and compete in their first Olympic games. This class is a great way to introduce your child to the sport of Track and Field.

Parent & Me T-Ball

(Boys and Girls age 3, with parent)

Players are introduced to a variety of T-ball fundamentals. Every skill the players learn are based on parent-child interaction so parent involvement is integral to the program. Players learn to throw, catch, scoop, and hit. All players hit off of a tee. Players should bring a water bottle and a glove. Bats and helmets are provided by the YMCA, and every player will get a team t-shirt.

Pee-Wee Soccer

(Boys and Girls age 4)

Players develop the skills taught in Parent & Me Soccer. Players learn to play against other children, so fair play and sportsmanship are emphasized in each lesson. Practices primarily focus on skill development. As the session progresses the lessons shift from individual skills to team skills and structured game play. Before the session ends, participants will get experience in actual games. Players should bring a water bottle and shin guards. Every player will get a team t-shirt.

Pee-Wee Track and Field

(Boys and Girls age 4-5)

Building on what your child learned in Parent and Me, children improve their skills in running, jumping and throwing. They continue to compete in fun outdoor track events and try to beat their personal best scores. The session ends with an Olympic competition.

Pee-Wee Basketball Skills

(Boys and Girls age 4)

Players develop the skills taught in Basketball Buddies. Players learn to play against other children, so fair play and sportsmanship are emphasized in each lesson. Practices primarily focus on skill development. As the session progresses the lessons shift from individual skills to team skills and structured game play. Before the session ends, participants will get experience in an actual game. All equipment is supplied by the YMCA including a team t-shirt.

Pee-Wee Floor Hockey

(Boys and Girls age 4)

Pee-Wee Floor Hockey builds on the fundamental skills learned in Parent & Me Pillo-Polo, but players graduate from foam equipment to plastic sticks and hockey pucks. The first three weeks will be primarily used to teach and develop basic hockey skills. The next 5 weeks are dedicated to teaching game situations and playing actual games. All equipment is supplied by the YMCA including team t-shirts for all players.

Pre-K Virtual Sports

(Boys and Girls age 3-5)

The YMCA's Virtual Gym adds a new twist to having fun and staying active. By taking video game technology and creating interactive fitness equipment your child can have fun and get a great workout using our Sports Wall, Trazer and the Wii as they compete in games and contests.

Rookies Basketball

(Boys and Girls grades K-1)

Rookies Basketball is the next step after Pee-Wee Basketball Skills. In Rookies Basketball participants focus more on game play and situations. There is still a solid foundation of fundamental skill development, but players spend as much time playing as practicing. Teamwork and good sportsmanship are emphasized in each lesson. All equipment is supplied by the YMCA including a team t-shirt.

Rookies Soccer

(Boys and Girls age 5-7)

Rookies Soccer is the next step after Pee-Wee Soccer. In Rookies Soccer participants focus more on game play and situations. There is still a solid foundation of fundamental skill development, but players spend as much time playing as practicing. Teamwork and good sportsmanship are emphasized in each lesson. Players should bring a water bottle and shin guards. Every player will get a team t-shirt.

Sports Spectacular

(Boys and Girls ages 5-7)

The Sports Spectacular is for the child who likes to stay active, but doesn't like to play the same thing every week. In each of the eight weeks participants play a different game. Games include soccer, flag football, parachute games, floor hockey and many more! Teamwork, fair play, sportsmanship, and FUN are central to each game and lesson. All equipment is supplied by the YMCA unless specifically mentioned by the instructor.

T-Ball: Minor League

(Boys and Girls age 4)

Players develop the skills taught in Parent & Me T-Ball. Players learn to play against other children, so fair play and sportsmanship are emphasized in each lesson. Practices primarily focus on skill development. As the session progresses the lessons shift from individual skills to playing actual games. By the end of the session, players will have the choice between hitting off a tee and being pitched to. Players should bring a water bottle and a glove. Bats and helmets are provided by the YMCA, and every player will get a team t-shirt.

T-Ball: Major League

(Boys and Girls age 5-7)

Major League is the next step after the Minor Leagues. In Major League T-Ball participants focus more on game play and situational skills. There is still a solid foundation of fundamental skill development, but players spend as much time playing as practicing. Teamwork and good sportsmanship are emphasized in each lesson. By the end of the session every player will hit live pitching. Players should bring a water bottle and a glove. Bats and helmets are provided by the YMCA, and every player will get a team t-shirt.

Track and Field

(Boys and Girls age 6-9)

Improving endurance and skills in running, jumping and throwing in fun outdoor track events is the focus of this class. Kids continue to compete in fun outdoor track events and try to beat their personal best scores. The session ends with an Olympic competition.

Winners Basketball

(Boys and Girls grades 2-3)

Winners Basketball continues the lessons of Rookies Basketball. Players jump into actual games in the first week. However, the games are structured to teach the players the rules of the game and situational skills. Players learn advanced skills, such as lay-ups, boxing out, jump-stops, etc. and learn to play together as a team. All equipment is supplied by the YMCA including a team t-shirt.

Y Cup Girls Soccer

(Girls age 5-8)

Y Cup Girls Soccer is designed to be both a beginner program and a developmental league. The girls will spend time learning and practicing fundamentals, but will quickly move to games. Teamwork, sportsmanship, fair play, and FUN are central to each lesson. Players should bring a water bottle and shin guards. Every player will get a team t-shirt.

3 on 3 Basketball Tournament

(Boys and Girls in grade 5-12)

This annual tournament is a great way for your child and their friends to compete in a fun YMCA basketball tournament. Non-members are welcome. The first 30 teams get a t-shirt and a trophy is awarded for the top team in each age division.