



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET YOUR GAME ON

## Fall Youth Sports Programming DALE TURNER FAMILY YMCA

### Youth Indoor Soccer League (Age 5 to Grade 6)

Welcome the new school year in with the fall indoor soccer at the Y! This league is designed for children age 5 to grade 6 to have fun while learning sportsmanship and healthy habits, as well as soccer rules and skills. Teams are co-ed and will have one practice during the week and games on Saturdays in the early afternoon starting October 11.

#### Dates

September 23 – November 15  
Weekday practices, Saturday games

#### Fees

Facility Members: \$55  
Programs Members: \$70

#### Practice Options (Choose One)

##### AGE 5-GRADE 1

- 1A. Tuesday 4-5pm @ Dale Turner
- 1B. Tuesday 6-7pm @ Echo Lake El.
- 1C. Wednesday 4:30-5:30pm @ Dale Turner
- 1D. Thursday 5-6pm @ Dale Turner

##### GRADES 2-3

- 2A. Tuesday 5-6pm @ Dale Turner
- 2B. Tuesday 7-8pm @ Echo Lake El.
- 2C. Wednesday 6-7pm @ Meridian Park El.
- 2D. Thursday 6-7pm @ Dale Turner

##### GRADES 4-6

- 3A. Wednesday 5:30-6:30pm @ Dale Turner
- 3B. Thursday 7-8pm @ Dale Turner



### Youth Basketball Clinic (Ages 7-10)

The YMCA's Youth Basketball Clinics are for basketball players who are serious about improving their skills and preparing for our Winter Basketball League. Participants will work on ball handling, shooting, teamwork, and increasing their basketball IQ.

#### Dates

Saturdays 3:30-4:45pm in the gym  
October 4 - November 15

#### Fees

Facility Members: \$65  
Program Members: \$80



### Youth Volleyball League (Grades 4-8)

YMCA volleyball leagues are designed to develop fundamental volleyball skills while learning teamwork, strategy, and sportsmanship. Skills taught include serving, passing, setting, and hitting. The focus of this coed league is to have fun, meet new friends and play volleyball in a non-competitive environment. Games are played on Saturdays around the north Seattle region starting September 27.

#### Dates

September 16 - November 22  
Grades 4-6, Tuesdays 6-7pm in the gym  
Grades 7-8, Tuesdays 7-8pm in the gym

#### Fees

Facility Members: \$65  
Program Members: \$80

## REGISTER TODAY!

DALE TURNER FAMILY YMCA  
19290 Aurora Ave N, Shoreline, WA 98133  
P 206 363 0446 F 206 363 3142 E [jwolfe@seattleyymca.org](mailto:jwolfe@seattleyymca.org)

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.



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## Rookies Indoor Soccer League (Ages 3-4)

The YMCA's Rookies Indoor Soccer League is an instructional and recreational league. Participants will be introduced to the game and learn basic skills such as dribbling, passing, teamwork, and shooting. All players will have fun in a positive and supportive atmosphere. 30 minutes of practice will be followed by a 30 minute game.

### Dates

Saturdays, October 4-November 8  
Practice: 10:30-11am  
Games: 11-11:30am

### Fees

Facility Members: \$50  
Program Members: \$65



## Itty Bitty Sports Sampler (Pre-K Ages 3-5)

The YMCA's Itty Bitty Sports Sampler introduces children ages 3 to 5 to basketball, soccer, and t-ball in a positive and non-competitive environment. Each sport will be introduced and practiced for two weeks during this 6 week class. Classes are fun and structured with a focus on learning basic skills, teamwork, and sportsmanship while developing healthy habits and self-esteem in young children.

### Dates

Thursdays, 4-5pm in the gym  
October 9-November 13

### Fees

Facility Members: \$55  
Program Members: \$70

## Beginning Fencing (Ages 8+)

Participants follow an established curriculum over an 8 week session that promotes achievement, development, and fitness in fencing. Both competitive and recreational individuals will gain well-being and learn sportsmanship. All fencing equipment is provided by the YMCA.

### Dates

Saturdays, September 27-November 15  
Youth ages 8-15: 1-2pm  
Adults ages 16 and up: 2-3pm

### Fees

Facility Members: \$80  
Program Members: \$95



## Martial Arts (Ages 5+)

The YMCA's martial arts programs include Taekwondo and Seido Karate for all levels with classes for youth and adults. Taekwondo combines combat and self-defense techniques with sport and exercise, while Karate helps to develop a strong mind and spirit through technique and discipline. Classes are taught year-round with new sessions beginning each month.

### Dates

Taekwondo  
Tuesdays and Thursdays  
Karate  
Mondays and Wednesdays or Saturdays

### Fees

Vary depending on class and level

The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.