



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SPORTS PROGRAM GUIDE



## Youth and Adults

DeVos-Blum Family YMCA  
9600 S. Military Trail  
Boynton Beach, FL 33436  
561-738-9622  
[www.ymcaspbc.org](http://www.ymcaspbc.org)

Matt Brunjes  
Sports Director  
561-536-1436  
[mbrunjes@ymcaspbc.org](mailto:mbrunjes@ymcaspbc.org)

# CHILDREN

The YMCA Youth Sports Program believes in boys and girls being active, gaining confidence and having fun while learning the fundamentals of sports.

## Season 4 Basketball League



Member: \$68 (\$53 for Ages 3-4)

Non-Member: \$158 (\$123 for Ages 3-4)

Age Groups: Ages 3-4, Ages 5-6, Ages 7-8, Ages 9-10, Ages 11-13, Ages 14-17

### Scheduling:

Registration Deadline: Friday, August 10th

Practices Begin: Week of August 20th

Games: August 25th - October 13th (8 total)

One practice a week on weeknight evenings, and games on Saturdays.

Age 3-4: Games and practice on Saturday.

## Season 4 Soccer League



Member: \$68

Non-Member: \$158

Age Groups: Ages 3-4, Ages 5-6, Ages 7-8, Ages 9-12

### Scheduling:

Registration Deadline: Friday, August 10th

Practices Begin: Week of August 20th

Games: August 25th - October 13th (8 total) One weeknight practice, and games on Saturdays.

## Private Basketball Clinics/Sessions

As an experienced college basketball player and coach, our sports director Matt Brunjes will teach children and young adults wanting to learn or improve in the game of basketball. Private training sessions are tailored to the players current needs with 60 minute workouts attacking weaknesses and maximizing strengths for the individual. Clinics are ran every season by YMCA staff members  and basketball coaches for ages 7-13.

\$100 for season clinic

\$35 per 1-10 1 hour sessions

\$25 11+ 1-hour session

Ages: 3-13

Scheduling: Contact Matt at 561-536-1436 or [mbrunjes@ymcaspbc.org](mailto:mbrunjes@ymcaspbc.org) to set up your session times.



## Fall Flag-Football League

Member: \$68

Non-Member: \$158

Grade Groups: Ages 5-7, Ages 8-11

### Scheduling:

Registration Deadline: Friday August 10th

Practices Begin: Week of August 20th

Games: August 25th - October 13th (8 total) Practices on weeknight evenings, and games on Saturdays.

# ADULTS

Whether you miss “suing up” or are brand new to team sports, the Y’s adult sports leagues provide the perfect opportunity to be active, social and reconnect or start fresh with a sport you love.



## 35+ Mens Basketball League

Team: \$550

Free Agent: \$68 (space is limited)

Scheduling:

Registration Deadline: Friday, August 10th

Games: August 22nd- October 27th (10 total) Games on Wednesday nights.



## 18+ Mens Basketball League

Team: \$550

Free Agent: \$68 (space is limited)

Scheduling:

Registration Deadline: Friday, August 10th

Practices Begin: Week of August 20th

Games: August 23rd- October 11th (8 total) Games on Thursday nights.

## 18+ Coed Volleyball

Team: \$550

Free Agent: \$68 (spaces limited)

Scheduling: (Seasonal). Call 561-536-1436

Registration Deadline: Friday, August 10th

Games: August 21st - October 23rd (10 total) Games on Tuesday nights.



## Pickleball

This fun, tennis-like game is played with a wiffleball and wooden paddles. It’s easy to learn and great exercise! It’s offered here at the Y and is FREE for our members. Come join us!

Members: FREE (no registration required)

Scheduling: Monday-Friday 9am-1pm



 Register Online @ [YMCABB.ORG/sports](https://YMCABB.ORG/sports)

# BASKETBALL GYM SCHEDULE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
5:30-6am	Open Play		Open Play		Open Play		Open Play		Open Play		CLOSED			
6-7am	Open Play		Open Play		Open Play		Open Play		Open Play					
7-8am	HIIT		Open Play		HIIT		Open Play		Open Play		Open Play	Open Play		
8-9am	Open Play		Open Play		Open Play		Open Play		Open Play		Youth B-Ball	Open Play		
9-10am	Pickleball		Pickleball		Parkinsons	Pickleball	Pickleball		Parkinsons	Pickleball	Youth B-Ball	Open Play		
10-11am	Pickleball		Pickleball		Parkinsons	Pickleball	Pickleball		Parkinsons	Pickleball	Youth B-Ball	Open Play		
11-12pm	Pickleball		Pickleball		Parkinsons	Pickleball	Pickleball		Parkinsons	Pickleball	Youth B-Ball	Open Play		
12-1pm	Pickleball		Pickleball		Open	Pickleball	Pickleball		Open	Pickleball	Youth B-Ball	Open Play		
1-2pm	Open Play		Open Play		Open Play		Open Play		Open Play		Youth B-Ball	Open Play		
2-3pm	Open Play		Open Play		Open Play		Open Play		Open Play		Youth B-Ball	Open Play		
3-4pm	Open	Aftercare	Open	Aftercare	Open	Aftercare	Open	Aftercare	Open	Aftercare	Youth B-Ball	Open Play		
4-5pm	Open	Aftercare	Open	Aftercare	Open	Aftercare	Open	Aftercare	Open	Aftercare	Youth B-Ball	CLOSED		
5-6pm	Youth B-Ball		Youth B-Ball		Youth B-Ball		Youth B-Ball		Youth B-Ball		Youth B Ball			
6-7pm	Youth B-Ball		Youth B-Ball		Youth B-Ball		Youth B-Ball		Youth B-Ball		CLOSED			
7-8pm	Open Play		Volleyball		35+ B-Ball		18+ B-Ball		Youth B-Ball					
8-9pm	Open Play		Volleyball		35+ B-Ball		18+ B-Ball		Youth B-Ball					
9-10pm	Open Play		Volleyball		35+ B-Ball		18+ B-Ball		CLOSED					

**SCHEDULE SUBJECT TO CHANGE ANYTIME WITHOUT NOTICE.**

## Financial Aid

Not many people think of the YMCA as a non-profit organization. However, we are a registered 501(c)(3) non-profit organization and due to the generosity of contributions from our Annual Campaign, we are able to raise funds for financial assistance programs, memberships and capital improvements.

**Download the application!**