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

Matt Brunjes
Sports Director
561-536-1436
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 1 Basketball League

Online

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, January 4th
Practices Begin: Week of January 14th
Games: January 19th - March 16th (9 total)
One practice a week on weeknight evenings, and games on Saturdays.
Age 3-4: Games and practice on Saturday.

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. Online

$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 to set up your session times.

Season 1 Soccer League

Online

Member: $68

Non-Member: $158

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

Scheduling:

Registration Deadline: Friday, January 4th, 2019
Practices Begin: Week of January 14th
Games: January 19th - March 16th (9 total)
One practice a week on weeknight evenings, and games on Saturdays.
Age 3-4: One practice a week, games on Saturday

Fall Flag-Football League

Member: $68 **Non-Member:** $158

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

Scheduling:

Registration Deadline: April 5th
Practices Begin: Week of April 8th
Games: April 12th-June 14th. Practices on Wednesdays and games on Fridays.

ADULTS

Whether you miss "suiting 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

Online

Team: $575
Free Agent: $N/A
Scheduling:

Registration Deadline: December 5th
Games: December 12th-February 17th (10 games gauruntee) Games Wednesday nights at 7,8, 9pm.
League start dates 12/12,3/20,6/19, 9/25

Online

18+ Mens Basketball League

Team: $575
Free Agent: $68 (space is limited)
Scheduling:

Games: December 13th-March 7th (10 games gaurantee) Games Thursday nights 7,8,9pm.
League start dates 12/13, 3/21, 6/20, 9/26

18+ Coed Volleyball

Online

Team: $350
Free Agent: N/A
Scheduling: (Seasonal). Call 561-536-1436

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 @ymcaspbc.org/youthsports

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		Open Play					
8-9pm	Open Play		Volleyball		35+ B-Ball		18+ B-Ball		Open Play					
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!