



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPORTS PROGRAM GUIDE

Youth and  
Adult



Peter Blum Family YMCA  
6631 Palmetto Circle South  
Boca Raton, Florida 33433  
561-395-9622  
[www.ymcaspbc.org](http://www.ymcaspbc.org)

James Rodriguez  
Sports Director  
561-237-0942  
[Jrodriguez@ymcaspbc.org](mailto:Jrodriguez@ymcaspbc.org)

# YOUTH PROGRAMMING

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

## Youth Sports Leagues

Our YMCA youth sport leagues are a great place to introduce your child to the sport, or for your child to continue playing in a safe and educational environment. Children will learn the fundamentals of the sport while also focusing on teamwork and sportsmanship. Ages 3-13.

**Sports:** Soccer, Basketball, Flag Football, Cheerleading.

\*See reverse for upcoming season information.

## Small Group Clinics

Our YMCA kids will learn the basic fundamentals of basketball and soccer. Our monthly clinics are a great way to introduce a child to the game or to brush up on their skills in a small group setting.

**Member:** \$35 (4 classes)

**Non-Member:** \$70 (4 classes)

**Ages:** 3-12

**Schedule:**

### BASKETBALL

3-4 - 3:00PM TUESDAY

5-7 - 4:00PM TUESDAY

8-12 - 5:00PM TUESDAY

### SOCCER

3-4 - 3:00PM FRIDAY

5-7 - 4:00PM FRIDAY

8-12 - 5:00PM FRIDAY

## NEW SPECIALTY PROGRAMS

### BOCA ELITE DANCE TEAM

Dancers ages 7-11 will learn choreography in the styles of Tap, Jazz, Lyrical & Hip-Hop. Dancers will meet once a week and will perform a Dance Showcase at the end of the session.

**Mondays**

**6:00-7:00pm**

**Member: \$150**

**Non-Member: \$250**

**Required Attire:** Dance stockings, leotard, shorts, Jazz dance shoes, Tap shoes.



### CHEERLEADING

**Saturdays at 9:00am**

See reverse for details!

**\$68 Member**

**\$158 Non-Member**



### Lil Sluggers Baseball Ages 2-5

Lil Sluggers Baseball teaches children ages 2-5 baseball skill development including throwing, catching, hitting, base running, and hand/eye coordination.

Classes are held indoors with a player to coach ratio of 6:1. Sunday afternoons.

**Member: \$144**

**Non-Member: \$169**

**Upcoming Session:** January 6-February 24



# ADULT PROGRAMMING

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.

 **Online**



## 35+ Men’s Basketball League

Team: \$550

Free Agent: \$70 (Space is limited)

Scheduling: Tuesday Nights

Season 1: January 22–April 2

(2 weeks of playoffs for Top Teams)

## 18+ Men’s Basketball League

Team: \$550

Free Agent: \$70 (Space is limited)

Scheduling: Thursday Nights

Season 4: January 24–April 4th

## Adult Co-Ed Leagues

Co-Ed Tournaments will occur at least once a quarter. All participants must be 18 or older.

### Adult Co-Ed Flag Football

Team: \$500

Free Agent: \$70 (Space is limited)

Scheduling: Sunday AM

Please contact Sports Director for additional information.

\*See Adult Sports Calendar for more details.

## 18+ Men’s Soccer League

Team: \$550

Free Agent: \$70 (Space is limited)

Scheduling: Sunday Mornings

Please contact Sports Director for additional information.

(2 weeks of playoffs for Top Teams)



 **Register Online @ [YMCASPBC.ORG/REGISTER](https://ymcaspbc.org/register)**

# SEASON 5 YOUTH SCHEDULE

## Soccer, Basketball, Cheer, & Flag Football

Member: \$68 (Includes Jersey)

Non-Member: \$158 (Includes Jersey)

Age Groups: Soccer 3-12  
Basketball 3-13  
Flag Football 5-12  
Cheer 3-10

### Scheduling:

Waitlist Begins: January 11

Practices Begin: Week of January 14

Games: January 19– March 16 (9 Week Season)



### SOCCER GAME SCHEDULE

3-4 - 8:00AM SATURDAY  
5-6 - 9:00AM SATURDAY  
7-8 - 10:15AM SATURDAY  
9-12 - 11:15AM SATURDAY

PRACTICE: Thursday 5:00pm-5:45pm (Ages 5-12)

### BASKETBALL GAME SCHEDULE

3-4 - 9:30AM SATURDAY  
5-6 - 10:30AM SATURDAY  
7-8 - 11:45AM SATURDAY  
9-10 - 1:00PM OR 2:15PM SATURDAY  
11-13 - 3:30 OR 4:45PM SATURDAY

PRACTICE: Wednesday 5:30-6:15pm (Age 5-6)  
Wednesday 6:15-7:00pm (Age 7-10)

Friday 6:00pm-7:00pm (Ages 11-13)



### Open Gym Play

Open Basketball Gym Schedule  
available upon request.

### FLAG FOOTBALL SCHEDULE

5-7 - 10:00AM SATURDAY (Skills Practice then Scrimmage)  
8-12 - 10:00AM SATURDAY (Skills Practice then Scrimmage)

### CHEERLEADING SCHEDULE

3-10 - 9:00AM SATURDAY

\*Schedule subject to change

## Volunteer Coaches Needed

We are looking for energetic and enthusiastic volunteers who are interested in coaching youth sports. Our program goal is to create a positive environment that promotes self-confidence and self-esteem through the sporting experiences we provide.

If interested, please contact Sports Director at

Jrodriguez@ymcaspbc.org or 561-237-0942.