

sports

Preschool Sports

For 4-5 Year Olds. The YMCA of Greater Rochester is committed to providing a fun, educational first sports experience for your child. Our Iddy Biddy Sports Program introduces children to games, rules, and fundamental skills of sports such as soccer, basketball and floor hockey. Our program also concentrates on teaching sportsmanship, positive competition and building positive relationships between participants.

Summer

IDDY BIDDY T-BALL

Class will include all the basics of fielding, hitting, running the bases and catching. Volunteers always welcome and especially helpful when games are played! Registration is in progress. Limited space still available.

Age Requirement: 4-5 years old

Fees: YMCA Member \$45

Program Member \$80

Dates: Saturdays, July 10 - August 28, 2010

Program No.	Day	Time
07100-01	Sat	8:30-9:15am
07100-02	Sat	9:15-10:00am
07100-03	Sat	10:00-10:45am
07100-04	Sat	10:45-11:30am

IDDY BIDDY OUTDOOR SOCCER

A great program that will introduce the children to the sport of soccer. The YMCA is teaching the skills of soccer through the games approach for this age group. Children will play various games of soccer while learning new skills. It is a very popular program in progress. Register now!

Age Requirement: 3-5 years old

Fees: YMCA Member \$60

Program Member \$100

Dates: Wednesdays, July 7 - August 25, 2010

Program No.	Day	Time
07127-21	Wed	6:30-7:30pm

IDDY BIDDY SPORTS CAMP

HALF DAY PROGRAM - For ages 3-5. Preschool campers can get their first taste of camp while playing soccer, basketball, t-ball, football and lacrosse. See the Bay View Summer Day Camp brochure to register. Extended care available.

Fees: YMCA Member \$113

Program Member \$148

Session 3: July 12-16

Session 5: July 26-30

Session 7: August 9-13

Session 9: August 23-27

Days	Time
Mon-Fri	9:00am-1:00pm

Coming Fall 2010

IDDY BIDDY INDOOR SOCCER

For boys and girls. Participants will develop ball handling skills and teamwork through skills, drills and games. This is a very popular program and space is limited. Registration is now open.

Age Requirement: 4-5 Years old

Fees: YMCA Member \$46

Program Member \$82

Dates: Saturdays, Sept. 18 - Nov. 20, 2010

Program No.	Day	Time
07127-16	Sat	10:45-11:30am
07127-17	Sat	11:30am-12:15pm
07127-18	Sat	12:15-1:00pm
07127-19	Sat	1:00-1:45pm



REGISTER FOR SPORTS CAMP TODAY ONLINE!

www.rochesterymca.org/bayview

IDDY BIDDY FLAG FOOTBALL-OUTDOORS

For boys and girls. Participants will develop their football skills and teamwork through skills, drills and games. This is a very popular program and space is limited. Registration is now open.

Age Requirement: 4-5 Years old

Fees: YMCA Member \$46

Program Member \$82

Dates: Saturdays, Sept. 18 - Nov. 20, 2010

Program No.	Day	Time
07100-07	Sat	8:45-9:30am
07100-08	Sat	9:30-10:15am

2010 YMCA Youth Sports Sponsored by  MVP HEALTH CARE

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Youth Sports

For 6-12 Year Olds. The YMCA of Greater Rochester provides Youth Sports classes and leagues that will help your child be successful both on and off the field. In our leagues children will work on individual skill development, learn how to work as a team and be introduced to sport specific team strategies. We provide an environment in which our athletes learn and understand the importance of positive competition, sportsmanship, healthy lifestyle choices and the YMCA core values. Volunteer Coaches are needed for our Youth Sports Programs. If you have expertise in a particular sport and would like to volunteer, please contact Jason Brannigan at 341-3227 or jasonb@rochesterymca.org.

SPORTS CAMP

Bay View YMCA Sports Camp will provide an experience that will help your child be successful both on and off the field. Campers will learn basic skill development, team work, and be introduced to sport-specific team strategies. We provide an environment in which our campers will learn the importance of positive competition, sportsmanship, healthy lifestyle choices, and the YMCA Core Values. Everything learned will be done in a step by step process to ensure the opportunity for every camper to learn at their own pace. Camper Care is available at no charge 7:00-9:00 am and 4:00-6:00 pm. Contact Jason Brannigan at 341-3227. See the Bay View Summer Day Camp brochure for more Sports Camp information. To register online, please visit www.rochesterymca.org/bayview.

Time: 9:00 am-4:00 pm

Session 2 July 5-9: Football/Basketball

Session 3 July 12-16: Sports Sampler

Session 4 July 19-23: Baseball Camp

Session 5 July 26-30: Sports Sampler

Session 6 Aug 2-6: Soccer

Session 7 Aug 9-13: Sports Sampler

Session 8 Aug 16-20: Ultimate Sports

Session 9 Aug 23-27: Sports Sampler

NFL FLAG FOOTBALL LEAGUE

Returns Fall 2010! Get ready for the upcoming season and play like the pros! Registration opens August 16. See the Bay View Day Camp brochure for more information on our Youth Sports Camp.



YOUTH SPORTS QUESTIONS?

Contact Jason Brannigan at jasonb@rochesterymca.org or 341-3227.

VOLUNTEERS NEEDED
Volunteer Coaches are needed for our Youth Sports Programs.

NFL Punt, Pass & Kick Competition

Family Night

September 17 • 6:00 pm Start

Bay View YMCA Athletic Fields

Member Benefit

Open to the Community



KID'S MARATHON 2010

Kick Off on June 10th

See page 34.

2010 YMCA Youth Sports Sponsored by  MVP HEALTH CARE

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Preschool Instructional Classes

The YMCA of Greater Rochester provides sports classes that will help your child be successful both on and off the field. In our classes, children work on individual skill development, learn how to work as a team and are introduced to sport-specific team strategies. Our instructional classes run with the session.

IDDY BIDDY SPORTS SAMPLER

An introduction to sports and fitness. Try different sports each week. The last 15 minutes is parent/child time! We encourage all caregivers to participate.

Age Requirement: 3-5 Years old

Fees: YMCA Member \$48

Program Member \$78

Program No.	Day	Time
07106-55	Fri	4:30-5:30pm

IDDY BIDDY TENNIS

An introduction to the game of tennis. All skills will be taught in a fun, safe environment.

Age Requirement: 3-5 years old

Fees: YMCA Member \$48

Program Member \$78

Program No.	Day	Time
07150-06	Fri	5:30-6:30pm

Summer

SANDLOT SOCCER

For boys and girls from ages 6-8. Bay View's Sandlot Soccer program will include one practice and one game per week. Players will receive a jersey and officials will be assigned to each game. Expose your child to fun and a positive sporting experience! Game and practices will vary according to schedule. One rainout built in!

Dates: June 8 - August 5, 2010

Fees: YMCA Members \$50

Program Members \$84

Program No.	Day	Time
07200-54	Tues/Thurs	6:15-7:15pm
07200-55	Tues/Thurs	7:25-8:25pm

CROSS COUNTRY CLUB

For boys and girls 8-14 years old. Every Wednesday we will meet for warm-ups and stretching before heading through the hills and trails of our Bay View woods. Get health tips and running information all summer long. All levels welcome!

Dates: July 2-August 20, 2010

Fees: YMCA Members \$30

Program Members \$60

Location: Bay View

Program No.	Day	Time
07293-02	Wednesday	4:30-5:15pm



ARCHERY

Basic to advanced instruction for boys and girls, as well as safety will be covered in this program. Bring your own equipment or use ours.

Age Requirement: 6-12 years old

Fees: YMCA Member \$40

Program Member \$73

Dates: Sundays, June 13 - August 8, 2010

No class July 4

ADVANCED INTERMEDIATE

Prog. No.	Day	Time
07200-02	Sunday (6-9 years)	10:00-11:00pm
07200-03	Sunday (10-14 years)	11:00-12:00pm

BEGINNERS CLASS

Fees: YMCA Member \$24

Program Member \$48

Program No.	Day	Time
07200-04	Sunday (6-8 years)	1:00-1:40pm

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Karate

TINY TIGERS KARATE

Beginner karate and self-defense for 5-6 year olds. Program combines games and age-appropriate karate instruction, while fostering self-discipline, listening skills, and respect for others.

Age Requirement: 5-6 years old

Fees: YMCA Members \$49

Program Members \$97

Program No.	Day	Time
07315-02	Saturday	10:15-10:45am
07315-03	Saturday	11:00-11:30am

KARATE BEGINNER

For those who are brand new to karate. Expose your youngster to the positive influence of martial arts training by starting at the most rudimentary level with an experienced black belt instructor. Students must unflinchingly know their left from right. The instructor will determine each child's readiness for moving on to the novice level.

Age Requirement: 7-12 years old

Fees: YMCA Members \$55

Program Members \$109

Program No.	Day	Time
07315-07	Monday	4:15-5:00pm
07315-08	Monday	5:30-6:15pm

KARATE NOVICE

Instructor's permission is required before registering. Class activities are geared toward independent practice as well as group training, using skills developed at the "beginner" level (see previous course description). Cooperation and personal concentration are key expectations. Rank belts may be earned. Prerequisite: Karate Beginner.

Age Requirement: 7-12 years old

Fees: YMCA Members \$60

Program Members \$119

Program No.	Day	Time
07315-11	Tuesday	4:15-5:15pm

KARATE INTERMEDIATE

This is the next step in Bay View's progressive Shotokan karate program, characterized by more demanding physical movements and stricter class etiquette. Activities include public demonstrations and tournaments.

Fees: YMCA Members \$60

Program Members \$119

Program No.	Day	Time
07315-20	Wednesday	4:15-5:15pm

KARATE ADVANCED

Continuous, ongoing training is provided through black belt level. Significant personal motivation is required to hone martial arts skills, while developing spirit, mind and body. Students must participate both days.

Fees: YMCA Members \$85

Program Members \$169

Program No.	Day	Time
07315-01	Mon/Thurs	4:15-5:15pm

TEEN/ADULT SELF-DEFENSE CLASS

This is a continuous, year-round class. New students may begin during any session. Class format involves discussion and physical practice. Defensive tactics covered include: releases from grabs, safe falling techniques, effective striking and kicking methods and defense against common weapons.

Fees: YMCA Member: \$32

Program Member: \$64

Program No.	Day	Time
07727-10	Tuesday	7:45-8:45pm

TEEN/ADULT KARATE

Shotokan karate combines good physical exercise with mental discipline for all experience levels. Many aspects of karate are challenging and require personal dedication, but new students can gain benefits right away. Training consists of basic movements, traditional individual workouts (kata), and practice with partners in defensive tactics, including sparring.

Fees: YMCA Members \$85 (Beg)

YMCA Members \$117 (Inter)

YMCA Members \$85 (Adv)

Program Members \$169 (Beg)

Program Members \$233 (Inter)

Program Members \$169 (Adv)

Program No.	Day	Time
07724-01	Wed (Beg)	7:30-8:30pm
07724-02	Mon/Wed (Intermed)	7:30-8:30pm
07724-03	Thurs (Adv)	7:45-8:45pm

MONTHLY KARATE PRICING

For Members Only. Sign up for EFT and SAVE!
No more registering every session.

YOUTH KARATE MONTHLY RATE

Tiny Tigers.....	\$25
Beginner	\$28
Novice & Intermediate	\$30
Advanced	\$40

TEEN & ADULT KARATE MONTHLY RATE

Beginner	\$40
Intermediate	\$53
Advanced	\$40
Self-Defense	\$17

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SUMMER VOLLEYBALL SAND LEAGUES

Forming now! All teams MUST be registered by two days prior to league start date. If you are interested in playing, but do not have a team, please contact Jason Brannigan Brannigan at 341-3227 or jasonb@rochesterymca.org for more information.

TUESDAY LEAGUES

07718-01 Adult "A" (Level "A")

Teams of 4

Fee: \$220/team

Dates: June 8-August 24

Rain Date: August 31

WEDNESDAY LEAGUES

07718-02 Adult Intermediate (Level "B")

07718-03 Adult Co-Ed Recreational

Teams of 6

Fee: \$335/team

Dates: June 9-August 25

Rain Date: August 31

TO REGISTER

Registration forms and payments collected at the Bay View YMCA Welcome Center.

SUMMER TOURNAMENT SAND VOLLEYBALL

Contact Jason Brannigan Brannigan at 341-3227 or jasonb@rochesterymca.org for more information.

ADULT VOLLEYBALL INDOOR FALL LEAGUES

SUNDAY CO-ED

Levels: Rec/Intermediate & "BB" (Competitive)

5-9:30 pm* • September 19-November 29

TUESDAY CO-ED

Levels: "A" (Highly Competitive) & "B" (Advanced)

6:30-10:30 pm* • September 21-November 23

13 weeks, due to shortened Spring Session

"LADIES NIGHT OUT" (WOMEN'S LEAGUE)

Rec/Intermediate

Thursdays • 6:30-9:30 pm • September 23-November 25

COST

Early (Now-August 15): \$300/team

On or after August 16: \$325/team

VOLLEYBALL CLUB

Pick up games for all ages. Youth games for ages 12-17 also! Youth play first, then at 8 pm it's Adult time. Program members must register before playing.

Fees: YMCA Member Benefit

Program Members \$6/class

Day	Time
Friday (Youth)	6:00-8:00pm
Friday (Adult)	8:00-10:00pm

MENS 19+ VOLLEYBALL

This 10-week league will run from July 11 to September 5. No pre-made teams. Teams will be drafted week one. There will be eight weeks of play, followed by two weeks of play-off games.

Fees: YMCA Members \$25

Program Members \$45

Day	Time
Saturdays	9:00am-12:00pm

BOB MILLER VOLLEYBALL TOURNAMENT
See page 34.