

# **YOUTH SPORTS**

#### **Baller Basics**

Take your basketball game to the next level. In this session participants will focus on the three fundamentals of basketball: dribbling, passing, and shooting. These skills will be taught through stations and games.

Dates: December 2, December 9 and December 16

Grades: 4k - K 4:15 - 5:00 pm Grades: 1st - 3rd 5:00 - 5:45 pm

**Location: YMCA Family Gym** 

Fees: \$30 Member \$65 Community Participant

### Open Play - Volleyball

Whether you're a seasoned player or just looking to have fun, come join us for a casual game of volleyball. It's a great way to meet new people, stay active, and enjoy the sport in a relaxed, welcoming environment. All skill levels in middle or high school are welcome to drop in and play. There are no instructions or coaching during this time. There will be a staff member on sight to set up and take down the net. You must register to attend.

**HERE** 

Date: Sunday, November 30th

Ages: 10 – 18 years old 2:00 – 4:00 pm

**Location: YMCA Family Gym** 

Fees: \$5 Members and Community Participants

#### **Sports Mania**

Come explore the world of sports! Children will engage in drills and small group activities. We foster a positive and nurturing environment where children can discover their love for sports while developing essential body awareness skills. Each week we will focus on a different team sport; tee ball, volleyball, and soccer.

Dates: December 5, December 12, December 19

Grades: 3k – 4K 10:00 – 10:30 am Location: YMCA Racquetball Court B

Fees: \$20 Member \$45 Community Participant

### **Volleyball Skills**

This volleyball class emphasizes the development of basics skills in each aspect of the game; passing, setting, hitting, blocking, digging, and serving. The athlete will become knowledgeable of basic to advanced form and techniques of the game. This class is open to everyone.

Dates: December 8, December 10, December 15, December 17

Ages: 9 – 14 years old 4:00 – 5:00 pm

**Location: YMCA Family Gym** 

Fees: \$40 Member \$85 Community Participant

# **AQUATICS**



#### **Holiday Splash Week + Free Family Friday**

Make a splash this holiday season! Join us for a special week of holiday-themed swim lessons. Monday through Thursday participants will build confidence and learn safety skills through winter themed games. Then, on Friday, bring the whole family for a FREE Family Swim to celebrate your progress and enjoy the pool together! Each lesson features a water safety topic, festive game, and basic swimming skills —the perfect way to stay active and joyful during the holidays.

SESSION I: December 1st-December 4th

Family Swim Day/Water Slide: December 5th 4:00 pm-6:00 pm

SESSION II: December 15th-December 18th

Family Swim Day/Water Slide: December 19th 4:00 pm-6:00 pm

Fees: \$20 Member \$40 Community Participant

\* Parents are required in the water for ages 8 and under.

\*Must be 48" to use the water slide.

PARENT/CHILD: 4:10 pm-4:40 pm (last 10 minutes is free play)

**BEGINNER:** 4:45 pm-5:15 pm or 5:20 pm - 5:50 pm ADVANCED: 4:45 pm-5:15 pm or 5:20 pm - 5:50 pm







Make a splash this holiday season! Join us for a day of festive fun in the pool – swim, play and meet Santa himself. Kids can enjoy themed games, music and treats, plus take a photo with Santa! This event is perfect for families looking to celebrate the season in a fun, active way. All ages and swim levels are welcome. Holiday spirit required!

AGES 0-5 :: 5:00-5:45 pm (parent must be in the water)
AGES 6-9 :: 6:00-6:45 pm (parent must be in the water)
AGES 9+ :: 7:00-7:45 pm (parent must remain on deck)

# FROZEN TREASURE HUNT

SATURDAY, DECEMBER 27, 2025



The pool has turned into a winter wonderland — can you find the frozen treasures below the ice?

AGES 0-5 :: 10:00-10:45 am (parent must be in the water)
AGES 6-9 :: 11:00-11:45 am (parent must be in the water)
AGES 9+ :: 12:00-12:45 pm (parent must remain on deck)

Fees: \$5 Member \$15 Community Participant

Fees: \$8 Member \$20 Community Participant

## **PRESCHOOL CLASSES**



#### **Tot Time Open Gym**

Come and join us for a fun day of open gym! This will be a great time for you and your child to enjoy socializing and interacting together with other children and families. We will have a bounce house up and other games and activities for you and your child. A Y Staff member will be available for guidance and support. Learning to follow simple directions and taking turns is emphasized. Children under age 3 must be accompanied by a parent at all times. Children ages 3-1/2 to 6 may enroll in this class without a parent participating.

Friday, December 12 9:30 am-10:30 am

**Location: YMCA Family Gym** 

Fees: \$5 Member \$12 Community Participant

### Parent/Child Weekly Theme Christmas

Come and join us for a fun-filled class of Christmas crafts and activities! Parents will participate with their child in this Christmas themed class! You and your child will have fun getting into the Christmas spirit by playing games, reading stories, singing Christmas carols and making Christmas crafts together. **Geared for** Preschoolers age 2-3 with a parent.

Tuesday, December 2, 9, & 16 9:00 am - 10:00 am

**Location: YMCA Multi-Purpose Room** Fees: \$30/session Member

> \$65/session **Community Participant**

#### **Kinder Art Christmas**

Come and join us for a fun filled class of Christmas crafts and activities! Your child can be dropped off to enjoy an hour of fun in this Christmas themed art class! We will be doing different activities and crafts that will get us into the Christmas spirit! Geared for Preschool aged Children 3-1/2 to 6 years old without a parent.

Saturday, December 6 9:00 am-10:00 am

**Location: YMCA Multi-Purpose Room** 

Fees: \$8 Member \$18 Community Participant

#### **Weekly Theme Christmas**

Come and Join us for a fun filled hour of Christmas crafts and activities! Your child will have fun getting into the Christmas spirit by playing games, reading stories, singing Christmas carols and making Christmas crafts. Geared for Preschoolers age 31/2 to 6 years old without a parent.

Tuesday, December 2, 9 & 16 10:15 am - 11:15 am

Location: YMCA Multi-Purpose Room Fees: \$30/session Member

> \$65/session **Community Participant**

# **GYMNASTICS**





### PROGRESSIVE GYMNASTICS CLINICS **NOVEMBER-DECEMBER 2025**

Join our one hour clinics to build skills on two events each session, focusing on technique, progress and building confidence!

#### PROGRESSIVE CLINICS OFFERED:

Beginner/Intermediate Vault & Floor Beginner/Intermediate Bars & Beam Beginner/Intermediate Cartwheels/Handstands Beginner/Intermediate Pullover/Back Hip Circle Advanced/Advanced II/Rec Vault & Floor Advanced/Advanced II/Rec Bars & Beam Advanced/Advanced II/Rec Front/Back Walkovers

Advanced/Advanced II/Rec Back Handsprings

Location: YMCA Gymnastic Center (520 N. Main Street) Fees: \$10/class Member \$15/class Community Participant

**OUESTIONS?** 

Contact Jenn DeLoughary :: jdeloughary@fdlymca.org



# **ADULT SPORTS**



### December Pickleball Party

Join us for a mingle and jingle pickleball party! This party is designed for individuals that know the rules of pickleball looking to increase their skills. There will be various friendly pickleball games and drills played. Everyone that attends will receive an outdoor pickleball. A brunch potluck to follow, please bring a dish to pass if you are able, not required. The YMCA will provide hot chocolate.

Date: Saturday, December 13th

Time: 8:00 - 10:00 am - potluck to follow

Ages: 18+

**Location: YMCA Community Gym** 

Fees: \$10 Member \$25 Community Participant



