## **SPRING YOUTH SPORTS**

**SOCCER | VOLLEYBALL** 





## 3 Year Old Soccer

- Introduction to sport, focused on fundamentals
- 45-min. class, once a week, led by YMCA staff & verified volunteers
- Age-appropriate curriculum, focused on learning to be part of a team

## 4-8 Year Old Soccer

- Introduction to league play, focused on fundamentals
- 3 vs 3
- 60-min. weekly practice & game\*, led by volunteer coach
- Modified rules

## 3rd-8th Grade Volleyball

- League play and friendly competition
- 60-min. weekly practice & game\*, led by volunteer coach
- In-house tournaments