



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVENING SPORTS PROGRAMS

Fall 2018 (9/17 – 12/6)

Register online at hvymca.org

Youth Instructional Basketball

Beginners welcome! In this program, young athletes will be introduced to basketball in a fun and non-competitive atmosphere. Passing, shooting and defensive skills are strengthened and the importance of physical fitness and conditioning are stressed. Structured to run drills, develop skills and learn the fundamentals involved, our Instructional Basketball program emphasizes skill building and sportsmanship.

Grades: K-2

Day: Tuesdays

Time: 6:00 pm – 7:00 pm

Fee: \$110

Grades: 3-5

Day: Tuesdays

Time: 7:00 pm – 8:00 pm

Fee: \$110



Mercer Y Basketball League, Boys & Girls Grades 2-8

The Mercer Y Basketball League is an exciting sports experience combining team play and individual skills. YMCA promises no getting cut and no bench-warmers! Every child plays while making friends and learning new techniques. Players in the 3-8 divisions will compete in the Mercer Y League (Grades 3- 8) to strengthen team play and individual growth.

Games will be played against teams within Hopewell Valley and Mercer County to bring a positive blend of competitive and rec play.

This league focuses on skill development, drills, teamwork, strategy and league play.

Players registered in the league will also get a week of skills development training with YMCA staff and coaches, who have extensive knowledge of the game of basketball. In addition to the skill development training, players will attend assessments which will be held to assist in balancing each team. After assessments, there will be a coach's draft to make fair and balanced teams. Coaches are dedicated to making the experience positive and fun! Practices will be held once a week at a local gym with games on Saturday.

League Fee: \$140

Team Practice: Practice begins in November and games start in December.

Game Dates: TBD