

Youth Sports at the Sunbury YMCA

KoolKids Soccer – Ages 4-5-6. Starts Tues. Jan 5th – Tues. Jan 26th (4 weeks)
4:30 - 5:30pm \$10 fam.mem. \$18 youth \$28 non-mem

Lil’Mites Basketball - Ages 4-5-6. Starts Tues. Feb 2nd – Tues. Feb. 23rd (4 weeks)
4:30 - 5:30pm \$10 fam.mem. \$18 youth \$28 non-mem

Baseball Basics – Ages 4-5-6 Starts Tues. March 2nd – Tues. March 23rd (4 weeks)
4:30 - 5:30pm \$10 fam.mem. \$18 youth \$28 non-mem

Youth Intramural Dodgeball (boys/girls) - Grades 5 through 8. Starts Sat. Jan 16th – Feb. 9th
(4 weeks)
10:00 -11:00am \$10 fam. mem. \$18 youth \$28 non-mem.
Starts again March 2nd – March 23rd 5:30 - 6:30pm

Time For Two’s – (with parent participation) Ages 1 ½ - 3 ½ Starts Wed. Jan 6th – Jan 27th
(4 weeks)
10:30 – 11:15am \$10 fam. mem. \$15 youth \$30 non-mem.
Starts again (another 4 weeks) Wed. Feb.3rd Will continue through the school year.

Youth Basketball League at Milton YMCA

- Ages grades 3–6
- Coordinated by Bucknell Students
- Call in January for details

Time for Two’s at Milton

For Ages 1-3 requires Parent Participation
Starts Wed. January 6th – January 27th
Call Milton for more information
Starts again Feb. 3rd for 4 weeks.
Sessions continue until end of school year.



Youth Fitness Training at Milton YMCA **Ages 7-13**

- Fitness lifestyle
- Strength training
- Healthy eating
- Aerobic workout
- Must attend 1 time a week for 1 month Tuesdays @ 5:00pm

After completing training sessions they may use the equipment in the Youth Fitness Center with a proper ID card

Teen Fitness Program at Sunbury

Ages 11 - 15.

Class includes...

- Proper technique
- Aerobic workout
- Special terminology