



Youth Sports Winter 1 2025

Member Registration December 9th

Non-Member Registration December 16th

Soccer: January 5-February 16

Come get a kick out of soccer! The program is primarily devoted to the enjoyment and development of youth soccer players. This class will provide children the opportunity to have fun, learn the sport, develop life skills and a love for the game. T-shirts are provided to all. All classes will be held indoor at the Y (NO CLEATS).

Class	Ages	Day	Time	Price
Parent-Child	3-4	Sunday	1:00pm-1:45pm	Family Member: \$48 Single Member: \$64 Non-Member: \$126
Beginner	5-6	Sunday	1:45pm-2:30pm	Family Member: \$64 Single Member: \$78 Non-Member: \$142
Semi-Pro	7-10	Sunday	2:30-3:15pm	
Pro	11-15	Sunday	3:15pm-4:00pm	

Basketball: January 4-February 15

Come give basketball a shot! Basketball provides opportunities for children to connect with others, build meaningful relationships and take on challenges and leadership roles that promote overall personal development and well-being. T-shirts are provided to all.

Class	Ages	Day	Time	Price
Parent/Child	3-4	Saturday	9:00AM - 9:45AM	Family Member: \$48 Single Member: \$64 Non-Member: \$126
Intro to Basketball	5-8	Saturday	9:50AM - 10:35AM	Family Member: \$64 Single Member: \$78 Non-Member: \$142
Prospects	6-10	Saturday	10:40AM - 11:25 AM	
Rising Stars	6-11	Saturday	11:30AM - 12:15PM	
Elite	7-12	Saturday	12:20 PM - 1:05 PM	
All Stars	10-15	Saturday	1:10 PM - 1:55 PM	

Karate: January 5-February 16

Sensei Greta Genovese from Rising Storm Training academy joins us for Karate fundamentals with an emphasis on confidence building and teamwork. Great for all abilities, T-shirts are provided to new students.

Ages	Day	Time	Price
4-14	Sunday	9:45AM-10:30AM	Family Member: \$70.00 Single Member: \$84.00 Non-Member: \$152.00
4-14	Sunday	10:45AM-11:30AM	

GREATER LOWELL FAMILY YMCA

35 YMCA Drive
Lowell, MA 01852

Financial Assistance is available to those who qualify

Soccer Clinic Levels

Parent/Child Ages 3-4	In this class we will be providing a fun environment for the kids. At this level the objective is to have fun and enjoy playing with the ball. We will introduce new feet coordination and agility exercises.
Beginner Ages 5-6	Kids will learn fundamental technique while doing basic passing, shooting, and dribbling skills. They will also learn the rules of the beautiful game. Introduce agility and foot coordination training using cones and ladders.
Semi-Pro Ages 7-10	This session will be more challenging in order to improve technique in passing, shooting, and dribbling skills. Kids will learn the different roles in a soccer game. Kids will play against each other more and learn situational awareness in the game.
Pro Ages 11-14	This session will consist of game like exercises. Competitive and challenging games against each other including 2v2, 3v3, and 4v4 games. More advanced and challenging drills will challenge players to step outside their comfort zones and evolve their game. This level is for players finding their position in a soccer game.

Basketball Clinic Levels

Parent/Child Class Ages 3-4	Itty Bitty Level practice plans. The parent/child level focuses on having fun, being active, and learning the fundamental skills of basketball. Playing developmental games such as red light, green light. Introducing dribbling and etc.
Intro to YBC Ages 5-8	Intro to YBC practice plans. Intro to basketball class will cover fundamental basketball skills such as ball handling, passing, and shooting. Modified equipment including smaller balls and lower nets will be used to make sure all children will be successful. First time basketball players.
Prospects Ages 6-10	This class will cover fundamental basketball skills such as ball handling, passing, and shooting. Emphasis will be placed on learning how to perform the skills correctly.
Rising Stars Ages 6-11	This class will cover fundamental basketball skills such as ball handling, passing, lay-ups, and shooting. Emphasis will be placed on learning how to perform the skills correctly and implementing them in game-like situations.
Elite Ages 7-12	The fundamental skills will be honed and expanded upon while the players develop an understanding of what it means to be a part of a team. Practices will shift towards team concepts and competition, while still heavily emphasizing skill development.
All Stars Ages 9-15	Allstar Level, players will begin competing more frequently in order to apply and refine the skills they have developed. Players will also begin to specialize and fit into more specific roles and positions. Team tactics and game strategy will also be further implemented in the Allstar Level.

Karate Class Description

Ages 4-14	In this dynamic class your child will be learning karate, with elements of jujitsu, taekwondo, self defense and ninjastics all while having fun. This will help your child to build confidence and teamwork. On their first day they will receive their first belt and a cool t-shirt, which they will wear to each class. At the end of the session there will be a mini graduation where students might earn their new belt with a board breaking.
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For more information contact Kat Davis at 978-454-7825 ext. 822 or kdavis@lowellymca.org

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