YOUTH SPORTS & GYMNASTICS

CLASS	DAY	TIME	AGE	COST FAMILY/MEMBER/ NON-MEMBER	SESSION
FIELD HOCKEY	MON	6-7pm	2-8 grade	$35/$40/$55	Feb. 25-Apr. 8
MIDCOAST LACROSSE	TBD	TBD	3-4 grade	$80/$85/$105	Begins April 22 Registration Opens March 4
MIDCOAST LACROSSE			5-6 grade		
MIDCOAST LACROSSE			7-8 grade		

FIELD HOCKEY

Skills, drills, and fun! Practice ball handling, defense, and shooting. Bring sneakers, shin guards, and mouth guard; sticks are available if needed.

TRAVEL BASKETBALL SCHEDULE:

CLASSIC:
March 1-3, grades 7-8 ($180)
BLASTERS:
March 8-10, grades 5-6 ($165)
MINI-BLASTERS:
March 15-17, grades 3-4 ($165)

MIDCOAST CLINIC

Lacrosse combines many skills learned in hockey, soccer, basketball and other competitive sports. Due to numbers, teams may be co-ed, divided by grades. Practice times and locations will be decicded after teams are formed. The Y will provide uniforms, shorts and a helmet. Parents are responsible for stick, mouth guards, cleats, cup, shoulder pads, and elbow pads. Transportation may be provided based on practice locations and driver availibility.

CLASS	DAY	TIME	AGE	COST FAMILY/MEMBER/ NON-MEMBER	SESSION
ITTY BITTY GYMNASTICS	FRI	3-3:45pm	2-5 yrs.	$70/$75/$100	Winter II Feb. 25-Apr. 13
BEGINNER GYMNASTICS	FRI	4-5pm	5-8 yrs.	$90/$100/$125	
ADVANCED BEGINNER GYMNASTICS	FRI	5-6pm	5-8 yrs.	$90/$100/$125	

ITTY BITTY GYMNASTICS

Children ages 2-5 years will be introduced to varied equipment in a structured environment. Children ages 2-3 requires parent participation; 4-5 years, parent involvement is encouraged.

BEGINNER GYMNASTICS

Focuses on orienting students with equipment and balancing participant's comfort level with each event the class visits. Participants will begin to develop body awareness and fundamenta skills.

ADVANCED BEGINNER GYMNASTICS

In this class, the participant wil take the basics and fundamentals learned in the beginner level and use them as building blocks to learn more complex skills on floor, beam, and bars.

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