



NEWS AND INFORMATION from the Grand Traverse Bay YMCA

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FOR IMMEDIATE RELEASE

BUILDING CHARACTER ONE KID AT A TIME:

YMCA offers wide range of winter/spring youth sports skills classes

TRAVERSE CITY, Feb. 5, 2010 – “Working with children to develop healthy lifestyles and a love of healthful activity is at the core of our values,” says Tom Van Deinse, CEO of the Grand Traverse Bay YMCA.

The local Y lives out its mission of fostering honesty, respect, caring, and responsibility by providing a wide range of youth sports programs that simultaneously build character and athletic skills. Late winter/early spring offerings at the Grand Traverse Bay YMCA include:

- **Y Gymnastics** trains some 650 children from age 1 to high school on the basics of movement, self-confidence, and discipline in a values-based environment. The competitive gymnastic teams this season earned several first-place honors in Midwest-area competitions. A new six-week session begins the week of February 15 at the Center’s 1100 Woodmere, Suite. A, location. Call Betsy at 929-2869 for more information.
- **Y Youth Tennis** is one of the best tennis programs in Northern Michigan thanks to the quality of instruction combined with the Y’s proven track record of teaching children tennis basics. A new six-week session for tots ages 3-5 and segmented training classes for grades K–12 begins on February 15. Y Youth Tennis also has a Tourney Team. (Coach’s recommendation is required.) Contact Tom at 933-9622 for more information.
- The YMCA continues its tradition of **Y Youth Soccer** with training beginning April 24. These coed recreational leagues emphasize fun and safety for grades K–12. The season consists of six Saturday morning games and two midweek games. Volunteer coaches make the league a reality. The league plays on local fields. Registration deadline is March 26.
- The **Y Kinderkickers** program introduces three and four year olds to the basics of soccer in a non-competitive, fun, and supporting environment. The program focuses on the Y’s core values, as well as safety, skills, and teamwork. Classes meet once a week for six weeks beginning April 19. Registration deadline is April 16.

- **Pee Wee Sports** was created in fall 2009 for three to five year olds. Children are exposed to a variety of sports such as soccer, floor hockey, lacrosse, basketball, golf and more. This six-week program is held at the Y Child Care Center gymnasium at 1100 Woodmere, Suite B, with a new set of classes beginning February 15. Registration deadline is February 12.
- **Y Lacrosse** features its winter indoor workshops beginning the week of February 15. Classes cover lacrosse basics through instructional practices and scrimmages. No experience is necessary and is offered to players in grades 5–12. Gym shoes, a stick and glove are required. Registration deadline is February 12.
- A series of **Y Basketball Skills** classes in February and March will be held for grades K-5 beginning the week of February 15. Classes are comprised of drills, playing scrimmages, and a lot of fun shooting hoops. Level of skill and complexity varies with age, but no experience is necessary. Classes generally meet once per week for six weeks. Registration deadline is February 12.
- February 20 brings the perennial **Classic 3-on-3 Basketball Tourney** for boys and girls in grades 3–6, and play is in division according to grade level. Held at the YMCA main facility, each player receives a shirt, and the top two teams in each division receive awards. Registration deadline is February 13.

“Our Y Youth Sports program continues to grow as parents and their children experience the quality of our programs,” said Barb Beckett, Y All Sports Director.

For more information on Y Youth Sports, contact Beckett at 933-YMCA (9622). All registration deadlines and forms, fees, and information are available at www.gtbayymca.org.

The Grand Traverse Bay YMCA is a Judeo-Christian organization that serves more than 11,000 kids and 2,600 members each year through 65+ programs that build body, mind, and spirit. Part of the largest charitable group in the country, the Grand Traverse Bay YMCA granted more than \$120,000 in financial aid to 500 families in 2009. Some 600 volunteers donated over 44,000 hours of their time to ensure the Y could fulfill its mission of building strong kids, strong families, and strong communities.

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