

Jr. Suns/Jr. Mercury Cheer Program

A great introduction to cheerleading! Participants will get to cheer at Saturday Jr. Suns/Mercury games during the season. They will also have two practices a week where they will learn basic cheerleading and dance routines that they will show off in between quarters of basketball games. A cheerleading shirt is included.

Ages:

5-12 years of age

Time:

Saturdays

(During basketball games)

Cost:

\$85/ Season Members

\$105/ Season Non-Members

Sports: Fall 2010

Registration:

July 5th - September 5th

Valley of the Sun
YMCA
Desert Foothills Family YMCA

Mission

The Valley of the Sun YMCA mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

The Desert Foothills Family YMCA



34250 N. 60th St Bldg. C
Scottsdale, AZ 85266
480-596-9622

valleyYMCA.org

email: desertfoothillsymca@vosymca.org

Sports

Fall 2010



Registration Dates:

July 5th - September 5th

(Late fee begins September 6th)

Valley of the Sun
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Flag Football

Join the YMCA Junior Rattlers League and learn basic footwork, ball handling techniques and fundamental football skills without the risk of heavy contact. **Bring your own team or the YMCA will place you on a team.**

Ages:

*Grade Level Breakdown:
Grades 1st-3rd, 4th-6th*

Time:

Saturday's*
(*Possible weeknight games)

Cost:

\$75 Facility Member
\$95 Non-Member
(Jersey Required \$15)

Recreational Volleyball

Learn all the tricks to being your best at this popular sport by joining a YMCA Volleyball Recreational League. **Bring your own team or the YMCA will place you on a team.**

Level breakdown:

Grades 3rd-5th, 6th-9th

Time:

Friday evenings and Saturdays

Cost:

\$75 Facility Member
\$95 Non-Member

Competitive Volleyball

For the more competitive player, these games grind it out and everyone has a "ball"! **Bring your own team or the YMCA will place you on a team.**

Level Breakdown:

6th-9th grade, high school

Time:

Friday evenings and Saturdays

Cost:

\$100 Facility Member
\$130 Non-Member

Sports: Fall 2010

Registration:

July 5th - September 5th

Bitty Ball Program

Your kids will love our introduction into sports! Sports include basketball, soccer, and T-ball. Kids will learn basic drills and skills. Parent participation required.

Ages:

3-5 years of age

Time:

Saturdays September 25th - October 30th

Saturdays

6 Week Session 9:00-9:45 in gym

Cost:

\$60/ 6 Week Session Facility Members
\$80/ 6 Week Session Non-Members
(No Jersey Required)

Recreational Basketball

Jr. Suns Boys YMCA leagues are the best and most fun around! Coaches work on basic ball handling, passing, shooting and defensive skills while introducing defensive and offensive schemes, while kids enjoy learning this great game! **Bring your own team or the YMCA will place you on a team.**

Level breakdown:

Pre-K-K, Grades 1st-2nd, 3rd-4th, 5th-6th

Time:

Friday evenings and Saturdays

Cost:

\$75 Facility Members
\$95 Non-Members

Boys Competitive Basketball

We have Jr. Suns Boys Leagues for the more advanced player! This league is highly competitive and welcomes the more serious player. Includes All-Star Competitions with awards at USAir Arena, and an end of the season tournament with all Valley of the Sun YMCAs participating. **Bring your own team or the YMCA will place you on a team.**

Ages:

Grade Level breakdown:

Grades 3rd-4th, 5th-6th, 7th and 8th, High School

Time:

Friday evenings and Saturdays*

Cost:

\$100 Facility Members
\$130 Non-Members

Girls Competitive Basketball

Come join our competitive Jr. Mercury Girls Basketball League . . .if you love basketball and want to excel in this sport. Includes All-Star Competitions with awards at USAir Arena, and an end of the season tournament with all Valley of the Sun YMCAs participating. **Bring your own team or the YMCA will place you on a team.**

Please *bring you own team or the YMCA will make teams.*

Level breakdown:

Grades 5th-6th, 7th-8th

Time:

Friday evenings and Saturdays*

Cost:

\$100 Facility Member
\$130 Non-Member