



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GO THE DISTANCE ON FOOT AND IN FRIENDSHIP

## SESSION 3: TRACK & FIELD June 5 – July 30

### SPORTS CLASSES

Kids will meet weekly to develop their skills through a variety of age appropriate skill drills and team-building exercises. The 8-week session kicks off with a focus on skill development and advances to teamwork concepts which may include light scrimmaging and positive competition.

### SPORTS LEAGUES

Leagues consist of organized practices and team contests with coaches and officials. The first two weeks of the 8-week session will focus on skill development and teamwork, while the remaining weeks introduce scored games and meets along with continued practice. Leagues guarantee a minimum of 8 practices and 6 games throughout the session.

### YMCA Forest Lake Leagues

#### Youth

Track and Field-T, TH

#### Adults

Co-Ed Sand Volleyball-W

Co-Ed Kickball-TH

Flag Football-Sun

Co-Ed Baggo/Bags-M

Youth League: Member- \$100 Non-Member- \$125

Adult League: \$300/Team or \$45 individually

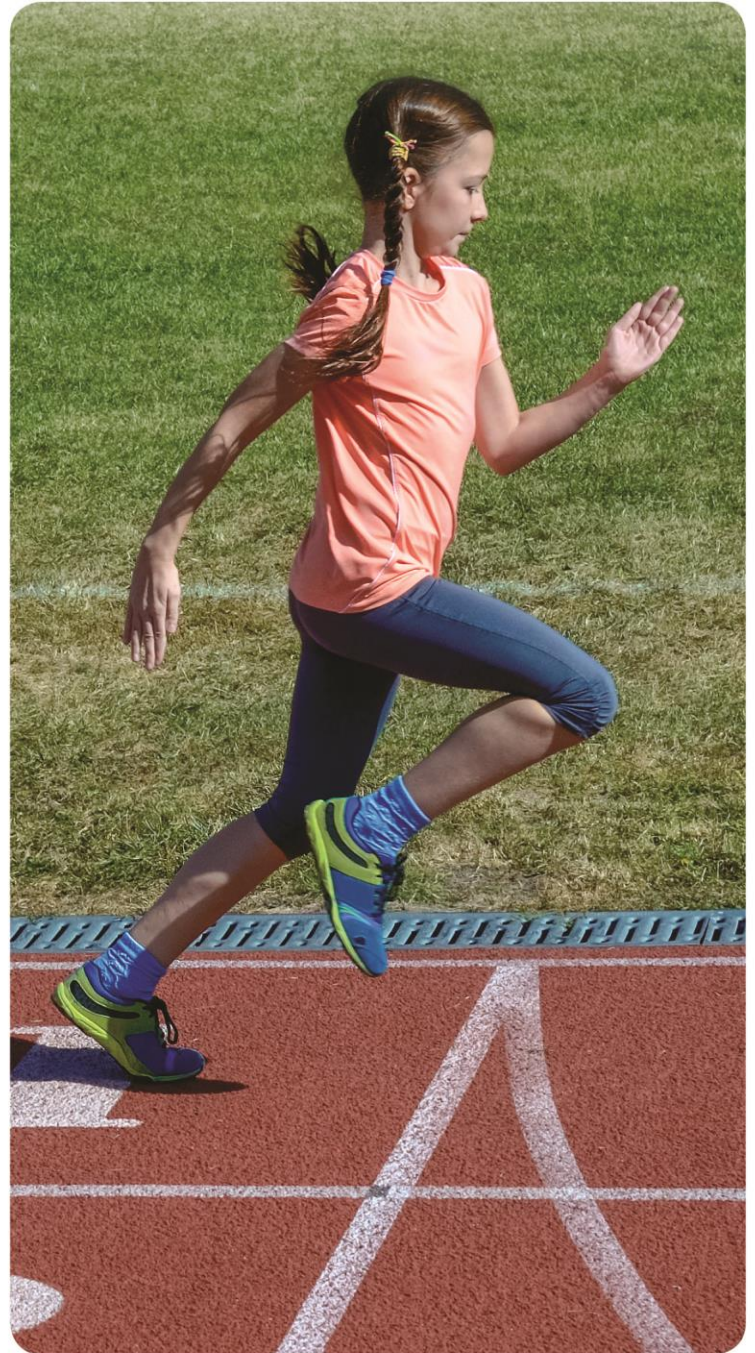
Baggo/Bags Fee: \$75/Team or \$45 individually

Adult Leagues can sign up as a team online or as an individual at the front desk

Youth Leagues can sign up at the front desk or online

[www.ymcamn.org/lessonsforlife](http://www.ymcamn.org/lessonsforlife)

Questions: [jason.james@ymcamn.org](mailto:jason.james@ymcamn.org)



### YMCA Forest Lake Classes

Soccer-M 10:00am-10:45pm, 11:00am- 11:45am

Soccer-TH 4:00pm-5:00pm, 5:00pm-6:00pm,  
6:00pm-7:00pm

Basketball- TH 10:00am-10:45am

Cost: Member-\$65 Non-Member \$90

Youth Classes can sign up at the front desk or online.

[www.ymcamn.org/lessonsforlife](http://www.ymcamn.org/lessonsforlife)

#lessonsforlife



Official Orthopedic Medicine and Injury Prevention  
Partner of the YMCA of the Greater Twin Cities.



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# LEAGUES & CLASSES

Dates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soccer Class Age 3-5 10:00am-10:45am Grades K-1 11:00am-11:45am Co-Ed Baggio/Bags League 6:00pm-8:00pm Andover YMCA	Track and Field League Age 3 - 1st Grade 5:30pm-6:30pm Grade 2 <sup>nd</sup> -8 <sup>th</sup> 6:30pm-7:30pm Practice will be held at Century Junior High School	Co-Ed Sand Volleyball League 6:00pm-10:00pm Mounds View CC YMCA	Basketball Class Grades K-1 10:00am-10:45am Track and Field League 5:30pm-7:30pm Soccer Class Grades 2 <sup>nd</sup> -3 <sup>rd</sup> 4:00pm-5:00pm Grades 4 <sup>th</sup> -5 <sup>th</sup> 5:00pm-6:00pm Grades 6 <sup>th</sup> -8 <sup>th</sup> 6:00pm-7:00pm Co-Ed Adult Kickball League 6:00pm-10:00pm Mounds View CC YMCA			Men's Adult Flag Football League 5:00pm-9:00pm Shoreview YMCA