



We build strong kids, strong families, strong communities.

## **YOUTH SPORTS**

### **Little Kicks Soccer**

Come join the fun. For Boys and Girls ages 3-4 years old. All games and practices are at the Dover Foundation YMCA. Basic skills and fundamentals are taught. The YMCA provides a non-competitive league to enhance player's abilities.

### **Youth Soccer**

This program is for boys and girls ages 4 – 13 and is a skill-development program that prepares children to achieve at their own level. The focus will be to teach each child the basics of the game in an environment where they can focus on learning the sport while having fun. Age Brackets: U-6 (Ages 4-6), U- 9 (Ages 7-9), and U-13 (Ages 10- 13)

### **Church Youth Softball**

This league is designed for Church youth groups. Games are played on Friday evenings and Saturday mornings. The season runs from April-May.

### **Short Sport T-Ball - Late Spring**

Come join the fun. All games and practices will be at the Dover Foundation YMCA. The clinics are for first year players and seek to lay a foundation for parents to spend quality time together with their children while learning how to properly teach and support them in sports. For Boys and Girls ages 3-4 years old

### **Youth Coed T-Ball - Late Spring**

Coed T-Ball League is for boys and girls ages 5 – 6 and is governed by the Dover Foundation YMCA. This league is designed to help young athletes develop their skills while maintaining a positive environment in which to grow in spirit, mind and body.

### **Youth Basketball**

Sponsored by Charlotte Bobcats Youth Basketball Network and Jr. NBA

This league is designed to recognize that Every Child is a Winner by helping every child grow in their understanding and enjoyment of the sport. Ages are male and female 3-18 years old.

### **Youth Cheerleading**

Stats show that 98% of girls that cheerlead would not have participated in their local basketball league. Here is your child's opportunity to get involved at the YMCA. Information for this program will be made available with our Youth Basketball flier.

### **Youth Indoor Soccer**

A fun program ran during the winter months for the following ages: Intermediate (4-5 grade), Middle School (6-8 grade) and High School (9-12 grade).

### **Summer Sport Camps – 10 weeks of summer fun!**

Camps that are offered range from: Multi-sport camps (individual and team sports), golf, basketball, soccer, wrestling, volleyball, fishing, New Wilderness Adventures and many others. Registration begins in April.