



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HAPPY FEET SOCCER INTRODUCTION



**FOR AGES 3 TO 6 YEARS OLD**

Introduce your preschoolers and kindergartners to the rules, vocabulary and basic concepts of Soccer! The program emphasizes sport specific skills with size appropriate equipment to build confidence. Kids will work on teamwork, sharing, sportsmanship and build a foundation for a lifelong love of being active with friends!

**TIME:** Mondays, 5:30 - 6:15 PM  
**DATES:** May 20 - June 24  
**LOCATION:** Cotter Fields  
**COST:** Member \$35 / Non-Member \$50

Register online at: [www.winonaymca.org](http://www.winonaymca.org)  
For more information contact Skylar DeGroot at [sdegroot@winonaymca.org](mailto:sdegroot@winonaymca.org)



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# TOUCHDOWNS FIELD GOALS AND FRIENDSHIPS

## YOUTH FLAG FOOTBALL WINONA FAMILY YMCA

In this league, kids will develop football skills, teamwork, and sportsmanship. Supportive coaches build your child's confidence while having fun and being part of a team. Players will spend 30 minutes developing fundamental skills in large and small groups. The remaining 30 minutes will be dedicated to competitive applications such as games and scrimmages. Beginners and experienced players are all welcome!

**Dates:** May 21 - June 27

**Times:** Tuesday & Thursday, 4:30 - 5:30 PM

**Grades:** 1st - 4th, Co-ed

**Location:** Cotter Fields

**Fee:** Member \$60 / Non-Member \$80

Contact Skylar DeGroot, Youth Sports Director  
[sdegroot@winonaymca.org](mailto:sdegroot@winonaymca.org) / (507) 454 - 1520





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# **LEARN THE BASICS BURN OFF ENERGY RUN IN THE SUN**



## **1ST-4TH GRADE CO-ED TRACK AND FIELD**

Grab your shoes and run! This program is designed to introduce children to the lifelong sport of running. Participants will have the opportunity to engage in a pre-competitive, instructional games program that teaches the basic track and field including sprints, middle and long distance running, relays, long jump, discus, shot put, and the rules and strategies of track and field.

**DATES:** May 20th - June 27th

**TIME:** Monday & Wednesday 4:30 - 5:30 p.m.

**LOCATION:** Winona Family YMCA/Paul Giel Field

**COST:** \$45 Member & \$60 Non-Member

Register online or for more information contact Skylar DeGroot at [sdegroot@winonaymca.com](mailto:sdegroot@winonaymca.com)



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# DEVELOP SKILL AND CONFIDENCE YMCA KARATE-DO

The YMCA Karate-Do program builds character through positive role models and training that emphasizes the values of traditional Japanese martial arts: respect, courtesy, self-discipline, responsibility, respect for authority and hard work. As students advance and gain experience, they are expected to be good role models and assist with newer students. No special equipment is needed, just the desire to excel and motivation to succeed. Register in person or online.

## SUMMER SESSIONS

**Session 1:** May 28th - June 27th

**Session 2:** July 9 - August 15th

**TIMES:** Tuesday & Thursday, 5:30 - 6:30 PM

**GRADES:** 1st - 8th Grade

**LOCATION:** YMCA Community Room

**COST:** Member \$45 / Non-Member \$60

For more information contact:

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(507) 454-1520, [sdegroot@winonaymca.org](mailto:sdegroot@winonaymca.org)





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# FRIENDSHIPS FUNDAMENTALS AND FIELD FUN



## SPORTS SAMPLER CAMP FOR PRE-K THROUGH 4TH GRADE

This week-long camp teaches basic skills and fundamentals of a variety of sports in a fun and recreational atmosphere. During camp, children will sample various indoor and outdoor sports and gym activities while developing social skills and making new friends!

### Pre-K (ages 3-5)

**DATES:** June 24th-28th

**LOCATION:** Winona Family YMCA/Cotter Fields

**TIMES:** Monday - Friday, 9:30 a.m. - 12:30 p.m.

**COST:** \$65 Member & \$90 Non-Member

### K-4th GRADE

**Dates:** July 29th-August 2nd

**LOCATION:** Winona Family YMCA/Cotter Fields

**TIMES:** Monday - Friday, 9:30 a.m. - 12:30 p.m.

**COST:** \$65 Member & \$90 Non-Member

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