



**YMCA OF
SNOHOMISH
COUNTY**



YMCA Spring **SPORTS LEAGUES** NOW REGISTERING

NFL Flag Football League

Mar 2 – May 2 | Reg ends Feb 2

Ages 5-17 | Fees: \$140 – \$180

Flag football, one of America's fastest-growing sports, is ready for you at the YMCA! Designed for youth ages 5 to 17, our program features Gold and Silver Divisions for balanced competition and focuses on skill development, sportsmanship, and fun. Weekly games are held, with flexible practice schedules set by the coach. This inclusive game has a position for everyone; it's your ultimate chance to run, throw, jump, and fly. Join the flag football movement today!

Spring Volleyball League

**Separate Girls & Boys Divisions
Competitive and Recreational
Leagues**

Mar 9 – May 9 | Reg ends Feb 9

Grades 3-12 | Fees: \$125 – \$175

We're excited to provide two divisions of play for grades 5-8: Recreational and Competitive, allowing athletes to find the right fit for their skill level and experience. Our league emphasizes teamwork, good sportsmanship, healthy habits, and FUN! Players will learn the fundamentals, develop their skills, and connect with teammates while enjoying the thrill of the game. Weekly practices lead into exciting weekend matchups, and an End-of-Season Championship—bringing out the best in every player.

**Returning head coaches get
50% off registration fees**



How to Register:
ymca-snoco.org
call 425-374-5779
QR Code

Girls Flag Football Leagues

Mar 2 – May 2 | Reg ends Feb 2

Grades K-12 | Fees: \$140 – \$180

The YMCA is excited to continue to lead the county with our Girls-Only Flag Football League, a program designed to empower young female athletes in a supportive, active, and inclusive environment. Girls will build confidence, develop skills, and form friendships while learning from experienced coaches and enjoying healthy competition. With a focus on fair play, sportsmanship, and teamwork, this league encourages players to thrive and discover a love for the game.

Spring Soccer League

Separate Girls & Boys Divisions

Mar 30 – June 6 | Reg ends Feb 3

Ages 5-13 | Fees: \$120 – \$170

Our YMCA Soccer Program helps kids become not only better soccer players, but better people as well. It's a progressive program, with multiple age-specific levels. We are committed to teaching sound fundamental skills, fair play, and positive competition. Our desire is that, through sports, youth will find lifelong love for a healthy activity and find ways to strengthen values, improve relationships, appreciate diversity, develop leadership skills and have fun!

ROOKIE SOCCER: Ages 3-4

Apr 11-May 16

The Rookie Sports program is a 50/50 developmental style league. YMCA Rookies is designed for the beginner who wants to experience youth sports once a week. Leagues are structured to allow for both practice and game experiences in the same day. Half of the time is instruction and skill building, the other half is playing small sided games. **Rookie Sports are free once a year with a Family Membership and always free for those who coach.**

Spring Basketball League April 20-June 20

Age 5 – Grade 10, boys and girls divisions Recreation and YBL Competitive Leagues.

*The Stanwood-Camano School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flier, and undertakes no responsibility to supervise these events. This information is provided as a community service at the request of the event sponsor and organizer. This is not a district sponsored or endorsed event.