



# MORE THAN JUST A SCORE KNOX COUNTY YMCA

## SPORTS LEAGUES

### Indoor Winter Soccer League (PreK-5th Grade)

The season includes two weeks of practice and four weeks of games and is broken up into Pre-K, K-1st, 2nd-3rd and 4th-5th, although divisions may vary due to registration. All children must be four years old by the first game in order to register.

Games: Sunday afternoons,  
January 12th - February 16th

Coaches' Meeting: Tuesday, January 7th at 6:30pm

### Preschool Basketball League (Session 2) (Ages 3-5)

The season includes six games for the preschool division. **\*Participants will have a three week clinic on Friday evenings from 5:30-6:15pm instead of practicing before games on Saturday mornings.\***

Games: Saturdays, February 15th - March 21st

\$10 late fee after January 20th  
Coaches' Meeting: Tuesday, January 21st at 6:30pm

### Biddy Basketball League (Session 2) (K-1st Grade)

The season includes six games for the K-1st grade

division. All children must be four years old by the first game in order to register.

Games: Saturdays, February 15th - March 21st

\$10 late fee after January 20th  
Coaches' Meeting: Tuesday, January 21st at 6:30pm

### Co-Ed Basketball League (2nd-8th Grade)

The season includes six games and is broken up into 2nd-3rd, 4th-5th and 6th-8th, although divisions that may vary due to registration.

Games: Saturdays, February 15th - March 21st

\$10 late fee after January 20th  
Coaches' Meeting: Tuesday, January 21st at 6:30pm

### Indoor Baseball League (Ages 3-6)

During this six week season, participants will learn fundamentals including; fielding, catching, throwing and hitting, that will be introduced during the first two weeks. Games will be played the last four weeks of the season.

Games: Sunday afternoons,  
March 1st - April 5th

Coaches' Meeting: Tuesday, February 18th at 6:30pm

### Spring Soccer League (PreK-5th Grade)

The season includes six games and is broken up into Pre-K, K-1st, 2nd-3rd and 4th-5th, although divisions may vary due to registration. All children must be four years old by the first game in order to register.

Games: Saturdays, April 18th - May 23rd

\$10 late fee after March 30th  
Coaches' Meeting: Tuesday, March 24th at 6:30pm

Sports League Fees  
Y Members \$33  
Non-Members \$66



## FINANCIAL ASSISTANCE

The Knox County YMCA offers scholarships for memberships and programs. No one is ever turned away due to the inability to pay.

Register online at [www.knoxymca.org](http://www.knoxymca.org)

# AQUATICS

## Private, Semi-Private & Small Group Swim Lessons

Private	\$62/\$124*
Semi-Private	\$52/\$104*
Small Group	\$42/\$84*

\*Y Member/Non-Member Price

## Parent-Child Lessons (6-36 months)

Monday	6:00pm-6:30pm
Thursday	6:00pm-6:30pm

## Preschool Swim Lessons (3-5 years)

### Stage 1: Water Acclimation

Thursday	6:30pm-7:00pm
Saturday	9:00am-9:30am

### Stage 2: Water Movement

Thursday	6:00pm-6:30pm
Saturday	9:00am-9:30am

### Stage 3: Water Stamina

Monday	6:30pm-7:00pm
Saturday	9:30am-10:00am

### Stage 4: Stroke Introduction

Thursday	6:30pm-7:00pm
Saturday	9:30am-10:00am

## Youth Swim Lessons (6+ years)

### Stage 1: Water Acclimation

Thursday	5:00pm-5:45pm
Saturday	10:00am-10:45am

### Stage 2: Water Movement

Saturday	10:00am-10:45am
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### Stage 3: Water Stamina

Monday	5:00pm-5:45pm
Thursday	5:00pm-5:45pm

### Stage 4: Stroke Introduction

Monday	5:00pm-5:45pm
Saturday	10:45am-11:30am

### Stage 5: Stroke Development

Saturday	10:45am-11:30am
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### Stage 6: Stroke Mechanics

Saturday	11:30am-12:15pm
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## Swim Lesson Fees

One Lesson/Week for Seven Weeks:  
Y Members \$32 & Non-Members \$64

# PLAY

## Tumbling (6 months-18 years)

Tumble, flip and roll! Levels include; Parent/Child, Beginner, Novice, Intermediate and Advanced. The program is a continuous monthly draft. Visit our website for more info and class descriptions!

Classes: Monday- Thursday Evenings

Monthly Fee:  
Y Members \$25\* Non-Members \$55  
*\*With Household Membership*

Additional children discount of \$10 will be given.

## Martial Arts (4-12 years)

This class is taught by an instructor from Kuk Sool Won Martial Arts School. Participants will learn self-confidence, concentration and a positive mental attitude.

Ages 4-6: Tuesdays, 6:00pm-6:30pm  
Ages 7-12: Tuesdays, 6:30pm-7:15pm

Fee: Y Members \$33 Non-Members \$66

## Homeschool P.E. & Swim (5+ years)

Do you need a place for your homeschoolers to engage in physical exercise as well as develop relationships with their peers? Participants will rotate through a variety of exercises, sports and swimming activities each week.

Wednesdays 1:00pm-3:00pm

Fee: Y Members \$35 Non-Members \$70

## AQUATICS & PLAY SESSION DATES

Session III: January 6th - February 22nd

Session IV: February 24th - April 11th

Session V: April 13th - May 30th

# WINTER WONDERLAND

Drop your children off at the Knox County Family YMCA on Friday, December 13th from 6:00-8:00pm for a fun-filled night! Get started on your Christmas shopping or enjoy dinner with someone special.

We will be showing a family holiday movie, serving pizza, making crafts & face painting! There will also be a few giveaways including a free session of swim lessons and a free youth sports program!

Please register online at [knoxymca.org](http://knoxymca.org) by Monday, December 9th.

This event is for children ages 4-12 years.

Childwatch will be available for those 6 weeks- 3 years.

Y Members: FREE

Non-Members: \$5.00/ child

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