



MORE THAN JUST A SCORE KNOX COUNTY YMCA

SPORTS LEAGUES

Indoor Winter 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 4 years old by the first game in order to register.

Games: Sunday afternoons, January 13th - February 17th

\$10 late fee after December 31st
Coaches' Meeting: Tuesday, January 8th at 6:00pm

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

The season includes six games for the preschool division.

Games: Saturdays, February 9th - March 16th

\$10 late fee after January 6th
Coaches' Meeting: Tuesday, January 15th at 6:00pm

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

The season includes six games for the K-1st grade division. All children must be 4 years old by the first game in order to register.

Games: Saturdays, February 9th - March 16th

\$10 late fee after January 6th
Coaches' Meeting: Tuesday, January 15th at 6:00pm

Sports League Fees
Y Members \$32
Non-Members \$64

Boys' 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 9th - March 16th

\$10 late fee after January 6th
Coaches' Meeting: Tuesday, January 15th at 6:00pm

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, February 24th - March 31st

\$10 late fee after January 27th
Coaches' Meeting: Tuesday, February 12th at 6:00pm

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 4 years old by the first game in order to register.

Games: Saturdays, April 13th - May 18th

\$10 late fee after March 3rd
Coaches' Meeting: Tuesday, March 12th at 6:00pm

SPORTS CLINICS

Indoor Soccer Clinic* (K-5th Grade)

This five week clinic is designed for boys and girls in K-5th grade. Participants will have fun while learning the fundamentals and terminology of soccer.

Dates & Time:

K-2nd Grade: Tuesdays, January 8th - February 5th
3rd-5th Grade: Thursdays, January 10th - February 7th
4:15pm-5:15pm

T-Ball Clinic (PreK-1st Grade)

Participants will have fun while learning the basics of T-Ball including; fielding, catching, throwing and hitting. This clinic will meet at the Knox County Family YMCA Soccer Complex.

Dates & Time:

Tuesdays, May 7th - May 28th
4:00pm-5:00pm

Sports Clinic Fee
Y Members \$20
Non-Members \$38

***Five Week Clinic Fee**
Y Members \$23
Non-Members \$46

Register online at www.knoxymca.org

AQUATICS

Private, Semi-Private & Small Group Swim Lessons (Y Members Only)

Private	\$60 per member
Semi-Private	\$50 per member
Small Group	\$40 per member

Parent-Child Lessons (6-36 months)

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

Preschool Swim Lessons (3-5 years)

Stage 1: Water Acclimation

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

Stage 2: Water Movement

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

Stage 3: Water Stamina

Monday	6:30pm-7:00pm
Tuesday	10:30am-11:00am
Thursday	10:30am-11:00am & 6:30pm-7:00pm
Saturday	9:30am-10:00am

Stage 4: Stroke Introduction

Monday	6:30pm-7:00pm
Thursday	6:30pm-7:00pm

FINANCIAL ASSISTANCE

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

AQUATICS & PLAY

SESSION DATES

Session III: January 2nd – February 16th

Session IV: February 18th – April 6th

Session V: April 8th – May 25th

Youth Swim Lessons (6+ years)

Stage 1: Water Acclimation

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

Stage 2: Water Movement

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

Stage 3: Water Stamina

Saturday	10:00am-10:45am
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Stage 4: Stroke Introduction

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

Stage 5: Stroke Development

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

Saturday	10:45am-11:30am
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Swim Lesson Fees

One Lesson/Week:
Y Members \$26
Non-Members \$52

Two Lessons/Week:
Y Members \$43
Non-Members \$82

PLAY

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 \$32 Non-Members \$64

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 \$32 Non-Members \$64

WINTER WONDERLAND

Drop your children off at the Knox County Family YMCA on Friday, December 14th 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 to our Member Service Desk by Monday, December 10th.

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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