

Parent Information

All children under the age of 12 years old must be supervised by an adult (18 years old or older) at all times.

Preparation

- Make sure you have all proper equipment (covered shoes, hat, sunglasses, water bottle, etc.)
- Arrive 10-15 minutes early before class time.

Avoid participating if:

- You are not feeling well (cold, fever, etc.)

Class Format:

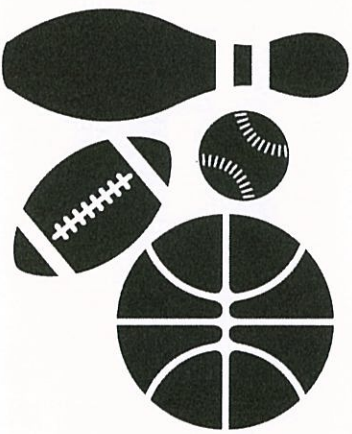
- The YMCA youth and biddy sports program, is a non-competitive program. A coach will run a 45minute practice o once a week, with fun games and drills to teach the sport.

During class:

- Parents are highly encouraged to actively participate with their Biddy Sports Athlete. This is to motivate our athletes to do their best!
- Stay hydrated! Don't forget to bring a



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA Policies

- If a class is missed, credit/refund/make-up classes are not allowed.
- Payment is due before the first class of the month. Due to YMCA Association policies, there is no pro-ration for the program session. Refunds requested prior to the start date of the program will be issued in full. Refunds requested after the start date of the program will be issued with the addition of a 30% service fee. Please see our Welcome Center for more information

SPORTS

PROGRAM

2017



LEEWARD YMCA
94-440 MOKUOLA STREET
WAIPAHU, HI 96797
PH: (808) 671-6495

Revised: December 13 2016

Biddy Sports

- Biddy sports engages young children in physical activity while working on teamwork, self-esteem, and living a healthy lifestyle. Biddy Sport Coaches work with each athlete on their individual skills and focus on their role as a part of the team. Sport drills focus on correct form, improving hand-eye coordination, while increasing speed and endurance. Games and activities are taught along with the sport to each strategy while having lots of fun! Parents are highly encouraged to participate.

Ages: 3-5 years old

Class duration: 45 minutes each

* Total number of classes will vary per session *

Registration can be done online or at our Welcome Center

SPORT	PROGRAM DATES	TIME	BARCODE	FEES
LITTLE DRIBBLERS BASKETBALL	Saturday, Jan. 14-Mar. 19	Start: 9:30am End: 10:15am	64178 (10 classes)	M: \$66.00 NM: \$77.00
ITTY BIDDY TEE-BALL & KICKBALL	Saturday, Apr. 14-May 21	Start: 9:30am End: 10:15am	64169 (8 classes)	M: \$48.00 NM: \$56.00

Youth Sports

- Youth sports engages young, future athletes to discover new talents, gain confidence, and learn to love sports. Participation in organized sports provides our young athletes with endless windows of opportunities to develop motor skills, build self-esteem, and express themselves through learning a healthy lifestyle. Our YMCA core values, Caring, Honesty, Respect, and Responsibility are emphasized on our athletes to have them reach their highest potential through sportsmanship.

Ages: 6-12 years old

Class duration: 45 minutes each

* Total number of classes will vary per session *

Registration can be done online or at our Welcome Center

SPORT	PROGRAM DATES	TIME	BARCODE	FEES
YOUTH BASKETBALL	Saturday, Jan. 14-Mar. 19	Start: 10:25am End: 11:10am	64177 (10 classes)	M: \$66.00 NM: \$77.00
YOUTH TRACK & FIELD	Saturday, Apr. 14-May 21	Start: 10:25am End: 11:10am	64173 (8 classes)	M: \$48.00 NM: \$56.00