



Susan M. Duncan Family
YMCA

6350 Eldridge Street
Arvada, Colorado 80004
303-422-4977
Fax: 303-422-2403

Youth Sports Season
August 23 - October 9, 2010

Registration Deadline: July 23rd, 2010

Register by MAIL, FAX, IN PERSON or ONLINE!

www.DenverYMCA.org

Why your child
should play at the
YMCA!



Play regardless of ability.

Gain self-confidence

Learn the fundamental skills
of the game.

Practice the Values of caring,
honesty, respect and responsibility.

Learn that fitness

can be FUN!



YMCA Kickers



PROGRAM:	Coed League, Jersey included
AGE/GRADE:	3-4 year olds
FEES:	\$66-Community \$33-YMCA Member
PRACTICE/GAMES:	30 minute practice followed by a 30 minute game on Saturday
PARENT MEETING:	Thur. Aug. 12th, Meeting 6pm @ Sportline
COACH MEETING:	Thur. Aug. 5th, 6pm @ Sportline

Jr. Rockies Little Sluggers



PROGRAM:	Coed T-ball League, jersey & hat included
AGE/GRADE:	3-4 year olds
FEES:	\$72-Community \$36-YMCA Member
PRACTICE/GAMES:	30 minute practice followed by a 30 minute game on Thursday evenings
PARENT MEETING:	Thur. Aug. 12th, Meeting 6pm @ Sportline
COACH MEETING:	Thur. Aug. 5th, 6pm @ Sportline

Volleyball



PROGRAM:	Coed league, shirt included
AGE/GRADE:	Entering 3rd-5th & 6th-8th grade divisions
FEES:	\$70-Community \$35-YMCA Member
PRACTICE/GAMES:	One practice a week, one match a week 3rd-5th games on Sat., 6th-8th games on Thurs.
PARENT MEETING:	Thur. Aug. 12th, Meeting 6pm @ Sportline
COACH MEETING:	Thur. Aug. 5th, 6pm @ Sportline

Roller Hockey



PROGRAM:	Outdoor Coed Roller Hockey Clinic
AGE/GRADE:	Entering Kind.-3rd & 4th-8th Grade Divisions
FEES:	\$60-Community \$30-YMCA Member
PRACTICE/GAMES:	Meets Mon. and Wed., K-3rd 5-6pm and 4th-8th 6-7pm, for practice and scrimmages
PARENT MEETING:	Thur. Aug 12th, Meeting 6pm @ Sportline
COACH MEETING:	N/A, N/A

Tennis Lessons



PROGRAM:	QuickStart Tennis Clinic
AGE/GRADE:	Youth ages 5-8
FEES:	\$60-Community \$30-YMCA Member
PRACTICE/GAMES:	Meets once a week on Saturdays at 2pm Clinic held at Durcan YMCA
PARENT MEETING:	Thur. Aug. 12th, 6pm @ Sportline Athletic Store
COACH MEETING:	N/A, N/A

YMCA Soccer



PROGRAM:	Coed League, Jersey included
AGE/GRADE:	Entering K, 1st/2nd, 3rd/4th & 5th/6th grade
FEES:	\$76-Community \$38-YMCA Member
PRACTICE/GAMES:	One practice a week One game a week on Saturday
PARENT MEETING:	Thur. Aug. 12th, Meeting 6pm @ Sportline
COACH MEETING:	Thur. Aug. 5th, 6pm @ Sportline

Jr. Rockies Baseball



PROGRAM:	T-ball & Coach Pitch coed leagues
AGE/GRADE:	Kind. T-ball & 1st/2nd grade coach pitch
FEES:	\$82-Community \$41-YMCA Member
PRACTICE/GAMES:	One practice a week, one game a week Tball games on Thurs., CP games on Tues.
PARENT MEETING:	Thur. Aug. 12th, Meeting 6pm @ Sportline
COACH MEETING:	Thur. Aug. 5th, 6pm @ Sportline

Flag Football



PROGRAM:	Coed League, shirt included
AGE/GRADE:	Entering 1st/2nd, 3rd/4th & 5th/6th Grade
FEES:	\$76-Community \$38-YMCA Member
PRACTICE/GAMES:	One practice a week One game a week on Saturday
PARENT MEETING:	Thur. Aug. 12th, Meeting 6pm @ Sportline
COACH MEETING:	Thur. Aug. 5th, 6pm @ Sportline

Sports of All Sorts



PROGRAM:	Coed Class, Sept. 7th-Oct. 12th
AGE/GRADE:	3-5 year olds
FEES:	\$56-Community \$28-YMCA Member
PRACTICE/GAMES:	Tue. & Thur. 3:30-4:15pm meet in the gym
PARENT MEETING:	N/A, N/A
COACH MEETING:	N/A, N/A

Lacrosse



PROGRAM:	Coed beginner skills based Lacrosse Clinics
AGE/GRADE:	1st-4th Grades
FEES:	\$60-Community \$30-YMCA Member
PRACTICE/GAMES:	Meets for one hour on Saturdays at Durcan for skill development and scrimmaging
PARENT MEETING:	Thur. Aug. 12th, Meeting 6pm @ Sportline
COACH MEETING:	N/A, N/A



Everybody Plays.
Everybody Wins!

The YMCA would like to thank Party City and NextCare Urgent Care for their sponsorship of our YMCA soccer program.



SWIMMING
LESSONS
303-422-4977

If you register after the above deadlines, there is an additional \$20 fee.
The YMCA is a not-for-profit organization. Subject to available resources, no person will be denied membership or program participation by reason of an inability to pay fees.

Child's Name: _____ Age: _____ Birthdate: _____ Sex: _____
 School Attending: _____ Grade: _____ Nearest School: _____
 Mailing Address: _____ City: _____ Zip: _____
 Home Phone: _____ E-mail Address: _____
 Mother/Guardian: _____ Work Phone: _____
 Father/Guardian: _____ Work Phone: _____

How did you hear about YMCA Youth Sports? Mail School Flyer Friend Returning Player
 Coach/Player Request (NOT Guaranteed): _____
 Child's ability level: Beginner Intermediate Advanced How many seasons in an organized league? _____
 Do you have a reversible jersey? Yes No

YMCA Program Release for Participants: I have been advised of and fully understand the inherent risks associated with the YMCA programs and events. On behalf of me, my child, and our respective heirs and assigns, hereby release, and agree to hold harmless, the YMCA of Metropolitan Denver, Denver Nuggets, the National Basketball Association and its Member Teams, NBA Properties, Inc., the Pepsi Center, and each of their respective parents, subsidiaries, affiliates, directors, officers, employees, owners, players and all agents (collectively, the "Released Parties") from any and all claims, liabilities, and losses that relate in any way to any injury (including death) to my child's person or property. I give my permission (without any compensation) to use any photographs, film footage, tape recordings which include me or my child's image, voice or likeness to promote YMCA programs. This Release shall be governed by and construed in accordance with the internal laws of the State of Colorado. I (i) have read this Release, (ii) understand its content, (iii) am over the age of 18, (iv) am my child's parent or guardian, (v) sign this Release voluntarily on my child's behalf and intend for it to be legally binding, and (vi) acknowledge that I have had an opportunity and was advised to seek guidance from counsel regarding this Release.

Parent Or Guardian Signature: _____ Date: _____
 STRONG KIDS CAMPAIGN - The YMCA believes every child should be able to participate regardless of a family's economic situation. We are only able to offer financial assistance through the generous donations to the Strong Kids Campaign. 100% of donations goes directly to helping families and children in need of assistance. I would like to donate \$ _____ today to the Strong Kids Campaign.

Visa MasterCard Discover Card Number: _____ Exp. Date: _____ Amt: _____
 Signature _____

QUESTIONS? Contact your Youth Sports Director Brady Lyons at bylions@denverymca.org or call 303-422-4977



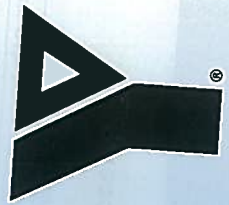
YMCA OF METROPOLITAN DENVER
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Non Profit
 Organization
 U.S. Postage
 PAID
 Denver, CO
 Permit #436

Also serving
 Wheatridge and
 North Lakewood!



We build strong **kids**, strong **families**, strong **communities**.



Youth Sports

- BASEBALL
- SOCCER
- VOLLEYBALL
- FLAG FOOTBALL
- PRESCHOOL SPORTS
- ROLLER HOCKEY

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