



**Susan M. Duncan Family  
YMCA**  
6350 Eldridge Street  
Arvada, Colorado 80004  
**303-422-4977**  
Fax: 303-422-2403

# Youth Sports Season

## October 18th - December 18th

Registration Deadline: September 17th

Register by MAIL, FAX, IN PERSON or ONLINE!

[www.DenverYMCA.org](http://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!**



### Jr. Nuggets Little Hoopsters



<b>PROGRAM:</b>	Coed League, Jersey included
<b>AGE/GRADE:</b>	3-4 years old
<b>FEES:</b>	\$80-Community <b>\$40-YMCA Member</b>
<b>PRACTICE/GAMES:</b>	30 minute practice, 30 minute games all played on Saturdays at the Duncan YMCA
<b>PARENT MEETING:</b>	Thur. Oct. 7th, 6pm @ Sportline
<b>COACH MEETING:</b>	Wed. Sept. 29th, 6pm @ Sportline

### Jr. Nuggets Basketball



<b>PROGRAM:</b>	Coed League, Jersey included
<b>AGE/GRADE:</b>	Kind., 1st/2nd Grade Divisions
<b>FEES:</b>	\$96-Community <b>\$48-YMCA Member</b>
<b>PRACTICE/GAMES:</b>	One practice a week One game a week on Saturdays
<b>PARENT MEETING:</b>	Thur. Oct. 7th, 6pm @ Sportline
<b>COACH MEETING:</b>	Wed. Sept. 29th, 6pm @ Sportline

### Jr. Nuggets Basketball



<b>PROGRAM:</b>	Boys League and a Girls League, Jersey included
<b>AGE/GRADE:</b>	3rd/4th grade division
<b>FEES:</b>	\$96-Community <b>\$48-YMCA Member</b>
<b>PRACTICE/GAMES:</b>	One practice a week One game a week on a weeknight
<b>PARENT MEETING:</b>	Thur. Oct. 7th, 6pm @ Sportline
<b>COACH MEETING:</b>	Wed. Sept. 29th, 6pm @ Sportline

### Jr. Nuggets Basketball



<b>PROGRAM:</b>	Boys League and a Girls League, Jersey included
<b>AGE/GRADE:</b>	5th/6th grade division
<b>FEES:</b>	\$96-Community <b>\$48-YMCA Member</b>
<b>PRACTICE/GAMES:</b>	One practice a week One game a week on a weeknight
<b>PARENT MEETING:</b>	Thur. Oct. 7th, 6pm at Sportline
<b>COACH MEETING:</b>	Wed. Sept. 29th, 6pm at Sportline

### Jr. Nuggets Basketball



<b>PROGRAM:</b>	Boys League and a Girls League, Jersey included
<b>AGE/GRADE:</b>	7th/8th grade division
<b>FEES:</b>	\$96-Community <b>\$48-YMCA Member</b>
<b>PRACTICE/GAMES:</b>	One practice a week One game a week on Saturday nights
<b>PARENT MEETING:</b>	Thurs. Oct. 7th, 6pm at Sportline
<b>COACH MEETING:</b>	Wed. Sept. 29th, 6pm at Sportline

### Jr. Nuggets High School Basketball



<b>PROGRAM:</b>	Coed League, Reg. Deadline Fri. Dec. 3rd
<b>AGE/GRADE:</b>	9th-12th Grade
<b>FEES:</b>	\$96-Community <b>\$48-YMCA Member</b>
<b>PRACTICE/GAMES:</b>	Games Dec. 11th - Feb 13th, No practices Games on Saturdays/Sundays
<b>PARENT MEETING:</b>	N/A, N/A
<b>COACH MEETING:</b>	Tues. Dec. 7th, 5:30pm @ Duncan YMCA,

### Volleyball



<b>PROGRAM:</b>	Coed league, shirt included
<b>AGE/GRADE:</b>	3rd-5th & 6th-8th grade divisions
<b>FEES:</b>	\$76-Community <b>\$38-YMCA Member</b>
<b>PRACTICE/GAMES:</b>	One practice a week, one match a week 3rd-5th games on Sat., 6th-8th games on Thurs.
<b>PARENT MEETING:</b>	Thur. Oct. 7th, 6pm @ Sportline
<b>COACH MEETING:</b>	Wed. Sept. 29th, 6pm @ Sportline

### Sports of All Sorts



<b>PROGRAM:</b>	Coed Class, Oct. 19th-Nov. 18th
<b>AGE/GRADE:</b>	3-5 year olds
<b>FEES:</b>	\$56-Community <b>\$28-YMCA Member</b>
<b>PRACTICE/GAMES:</b>	Tue. & Thur. 3:30-4:15pm Meet in the gym
<b>PARENT MEETING:</b>	N/A, N/A
<b>COACH MEETING:</b>	N/A, N/A

### Home School Physical Education



<b>PROGRAM:</b>	Coed PE Class, Oct. 19th-Dec. 17th
<b>AGE/GRADE:</b>	5-12 year olds
<b>FEES:</b>	\$86-Community <b>\$43-YMCA Member</b>
<b>PRACTICE/GAMES:</b>	Class meets 1-2pm in the gym on Tue & Wed and in the pool on Thurs
<b>PARENT MEETING:</b>	N/A, N/A
<b>COACH MEETING:</b>	N/A, N/A

### Informational Meetings



The parents meeting on Oct. 7th will include a 20 minute powerpoint presentation covering YMCA mission, policies and procedures including info on practices, games, weather, facility use etc. If you can not attend the meeting please visit our website to get all the same information and more. You can also access rosters, practice info and game schedules online. If you volunteer to be a coach please attend the Coaches meeting on Sept. 29th.

If you are returning with a powdered blue Jr. Nuggets jersey you will receive a \$5 discount when you register. If you register online your account will be credited \$5 once the season starts.

**Everybody plays.  
Everybody wins!**

**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.

**JUNIOR  
NUGGETS**

Financial assistance is available to those who qualify thanks to our sponsor, Comfort Dental.

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: \_\_\_\_\_

As a parent, I \_\_\_\_\_  
 will volunteer in one of the following areas:  
 Coach  Assistant Coach  
 Team Parent  Official

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 Jr. Nuggets jersey? (only for basketball)  Yes  No What number? \_\_\_\_\_

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 \_\_\_\_\_ Card Billing Address \_\_\_\_\_

QUESTIONS? Contact your Youth Sports Director Brady Lyons at [blyons@denverymca.org](mailto:blyons@denverymca.org) or call 303-422-4977

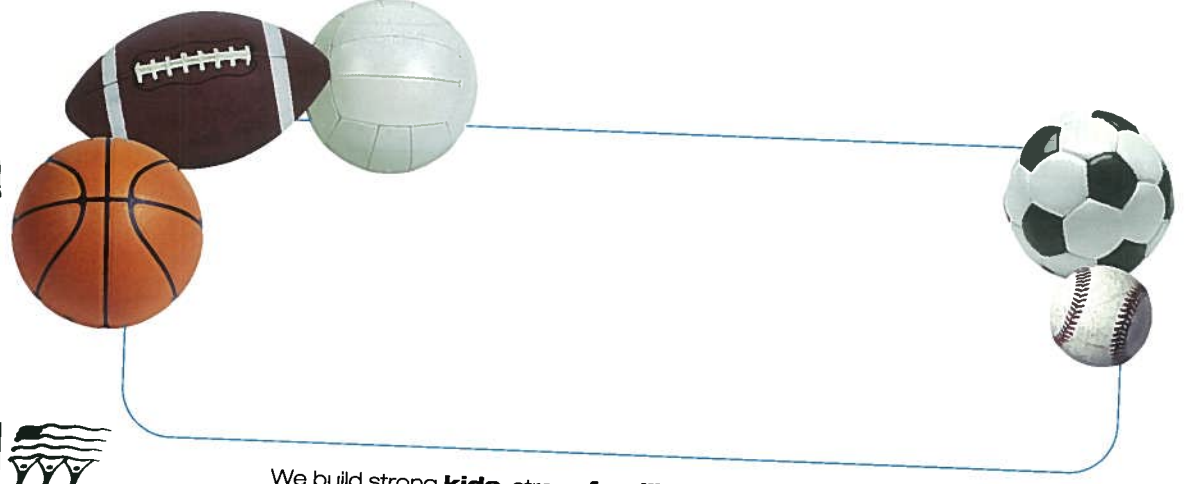
**DUNCAN**



**YMCA OF METROPOLITAN DENVER**  
**Susan M. Duncan Family YMCA**  
 6350 Eldridge Street  
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 303-422-4977

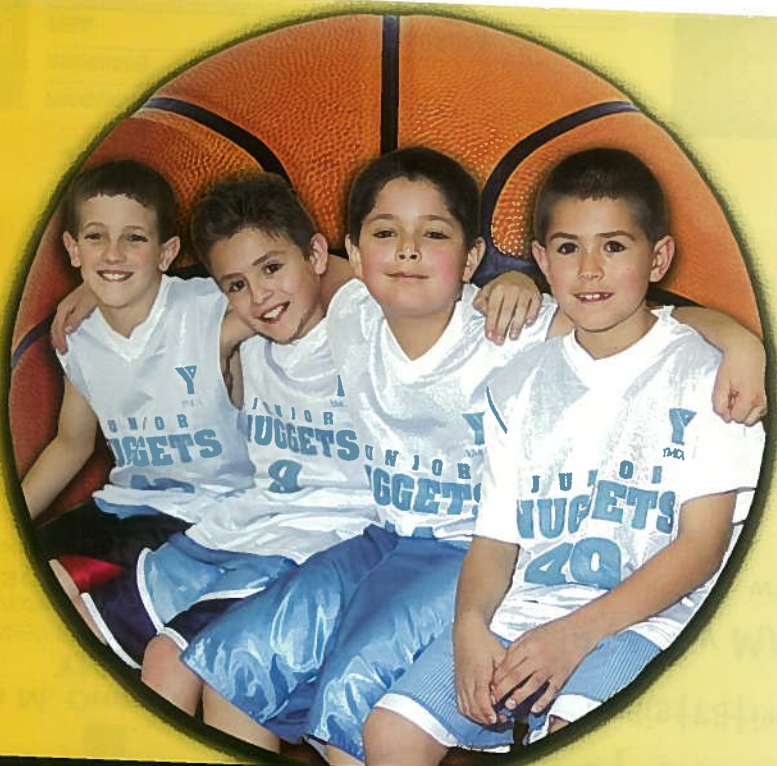
Non Profit  
 Organization  
 U.S. Postage  
 PAID  
 Denver, CO  
 Permit #436

Also serving  
 Wheatridge and  
 North Lakewood!



We build strong kids, strong families, strong communities.

Youth Sports



# Youth Sports

- PRESCHOOL SPORTS**
- BASKETBALL**
- VOLLEYBALL**
- HOME SCHOOL PE**

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