



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BOB HOFFMAN/DOVER YMCA

The YMCA offers a variety of youth and teen programs including indoor soccer, t-ball, dance classes, girls volleyball, a dodgeball league, nerf-tag, and more. Stop by the Bob Hoffman/Dover YMCA, call 717-292-5622 or email [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org) for details on any of the programs listed on side 2.

To keep up with new and upcoming programs, like the Dover YMCA Branch Facebook page. @BobHoffmanDoverY

Ask us about financial assistance toward programs and/or membership.

## SEE SIDE 2



Contact [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org) or 717-843-7884, ext. 263 with questions on any programs listed.

### 2019 PROGRAM REGISTRATION FORM (PLEASE PRINT)

Please check one: ☐YMCA member ☐Non-member

Please List Program (from side 2) and dates of program: \_\_\_\_\_

Child's name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Check Gender: ☐Male ☐Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: PA Zip: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Parent's signature: \_\_\_\_\_

Primary phone: (\_\_\_\_) \_\_\_\_\_ Cell phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

Parent or person responsible for payment: Name: \_\_\_\_\_ Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address if different than child: \_\_\_\_\_

Interested in being a Team Coach for League? ☐Yes ☐No

Name: \_\_\_\_\_

Check T-shirt size: ☐YS (6-8) ☐YM (10-12) ☐YL (14-16) ☐Other (specify): \_\_\_\_\_

\*Shirts for soccer and t-ball only.

Optional: Please put my child on same team as: \_\_\_\_\_

(We will make every effort to accommodate your request, however, this is not a guarantee)

Mail payment with registration form to: Bob Hoffman YMCA, 1705 Palomino Rd., Dover, PA 17315  
For your convenience, payments may also be made over the phone using Visa, MasterCard, Discover or American Express.

"The school district neither encourages nor discourages students to participate in the activities described herein."



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### OUTDOOR SOCCER LEAGUE

September 21–November 16

For beginners and experienced players. Participants will learn and enhance their soccer skills including ball handling, passing, shooting and control in an instructional setting through practices and games, all on Saturday mornings. Instructors and volunteer coaches follow US Soccer instruction guidelines. Each day held at the outfield of Brookside Park's baseball field. Indoors in the event of rain. Look for our Indoor Soccer League to begin in February.

### BASKETBALL LEAGUE

Ages 4–5/6–8/9–11

December 7–February 1

For beginners and experienced players in a recreational setting focused on instruction and learning the game. Instruction, practices and games (no travel games nor against other teams outside the Bob Hoffman–Dover YMCA program) held at the Bob Hoffman–Dover YMCA, all on Saturday mornings. Instructors and volunteer coaches follow JRNBA instruction guidelines.

### TIMES AND FEES FOR OUTDOOR SOCCER AND BASKETBALL LEAGUE

Ages 4–5: First Saturday/9 a.m.

Ages 6–8: First Saturday/10 a.m.

Ages 9–11: First Saturday/11 a.m.

Member/\$33 Non-Member/\$66

\*Saturday times subject to change after the first day based on the number of teams.

### 7TH/8TH GRADE DODGEBALL NIGHT

Calling all 7th and 8th graders! Enjoy an evening of dodge ball, music, and socializing with friends at the Y. Teams will be formed at the beginning of the event and a tournament will follow. Friends can request to be on the same team. Second Friday of each month beginning Oct. 11. 6:30–8:30 p.m.

\*Session Fee: \$3/Member \$6/Non-Member

\*\$12 cap for all families

### DODGEBALL LEAGUE

Join us for non-stop games using rubber coated foam balls. Teams formed on the first day from individual registrations with co-ed league games and playoffs held the following Saturdays.

Saturdays, December 7 – January 18

Ages 8–10: 1:15–2:30 p.m.

\$30/Member \$60/Non-Member

### INTRO. TO PICKLEBALL

Ages 11–14

A combination of tennis, ping pong, and badminton, pickleball is an easy game for beginners to learn that can develop into a quick, fast-paced game for experienced players. The game is played with 2 or 4 players on a badminton sized court using paddles and a plastic ball. Try this increasingly popular sport that will provide a great workout while offering a very social and competitive game. All equipment is provided.

Saturdays from 10/5–11/23, 1:30–2:30 p.m.

\*Try it for free on 9/28 at 1:30 p.m.

### GIRLS INTRAMURAL VOLLEYBALL (Ages 8–10)

This fun program will teach participants fundamental volleyball skills through instruction, drills, and practice. \*Ages 11–15, check out the York Branch program\*

Two Sessions:

Thursdays, September 19–November 14, 5:45–6:45 p.m.

Thursdays, December 5–January 30, 5:45–6:45 p.m.

Member/ \$30 Non-Member/ \$60

### NERF TAG

Ages 6–11

This exciting game is focused on participants working together to capture the flag on the other teams side of the gym while playing with nerf guns. Each participant must bring their own equipment including safety glasses, ammo (bring a lot), and nerf gun. Label all equipment.

Saturday's from 10/5 – 11/23, 12:15 P.M. – 1:15 P.M..

\*Try it for free on 9/28 at 1 p.m.

Fee: \$30/Members \$60/Non-Members

### YOUNG TIGERS TAEKWONDO

Age 4 & 5. Class held on Monday's, 9/30–12/16, 5:30–6:15 p.m.

Young Tigers is a fun program for the little kids. Kids learn fun kicks and exercises that develop balance, coordination, strong minds and strong bodies. 12 weeks

### SAFE KIDS TAEKWONDO

This program is taught by a 7th degree Grand Master Instructor. Kids will also learn about Stranger Danger, and the Avoidance of Gangs, Guns, and Drugs. Ages 6 years and older, Adults and Families Welcome!

9/17–12/17. Twelve weeks.

For more information on "young tigers" or "safe kids taekwondo", or to register, contact Judith Kirby at 717-252-2824.

### CREATIVE DANCE

Learn basic pre-ballet movement to simple choreography. Athletic attire required. Please contact Shannon Buhrman at [sbuhrman@yorkcoymca.org](mailto:sbuhrman@yorkcoymca.org) with questions.

#### Session fee:

Member/\$50 Non-Member/\$100

Mondays, September 23–December 9

Ages 3–5, 6–6:45 p.m.

Fridays, September 20–December 13 \*no class Nov. 29

Ages 3–5, 11:45AM–12:30PM

### YOUTH ART BASICS

Give your child's world a splash of colorful creations! This class encourages creative expression and socialization activates including painting, drawing, collage, working with various utensils and materials to challenge sensory experiences.

Wednesdays, October 9–December 11 \*no class Nov. 27

Ages 5–7, 5:15–6:00 p.m.

Ages 8–12, 6:30–7:15 p.m.

#### Session fee:

Member/\$35 Non-Member-\$70

### TEEN AND ADULT ARTS

Learn the fine art of painting with acrylics and watercolors as well as drawing, mixing, composition and more to create unique works of art. All ability levels welcome.

Mondays, October 7–December 9

Ages 13 and up, 6:00–6:45 p.m.

#### Session fee:

Member/\$35 Non-Member-\$70

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[www.yorkcoymca.org](http://www.yorkcoymca.org)