



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH BASKETBALL TRAINING

Dover Youth Basketball is Back!

Starting December 5th we will be starting a new session of Youth Indoor Basketball at the Dover YMCA. Sessions will run on Saturdays from 9 am - 12 pm. **Four and Five year olds will have the gym from 9-10 am, Six to Eight year olds will have the gym from 10-11 am and Nine to Eleven Year olds will have the gym from 11 am - 12pm.**

This year we are doing something different, we will be doing Skills training which includes practicing skills like shooting, dribbling, layups etc. For our more advance students we may work up to zone defenses. Due to our particularly small gym, we are going to be limiting parents/family in our gym. For our 4-5 age category we will be allowing a single parent at a time, for our older two categories we will be asking parents to drop off and return at the end of the program. Instructors/coaches follow JRNBA instruction guidelines. A limited amount of participants are accepted per age group so register early. This program will have safety measures in place such as having small group settings, social distancing during instruction, frequent sanitization of equipment, participants are to bring and only use their basketball, and more.

WHEN: Saturdays, December 5th through Feb 20th

TIME: Ages 4-5: 9:00 am - 10 am

Ages 6-8: 10 am - 11 am

Ages 9-11: 11 am - 12 pm

LOCATION: Dover Branch Gym

For more information, email Sports Director, Matt Cicchillo, mcicchillo@yorkcoymca.org or visit: yorkcoymca.org/programs

