



Karate Classes

Always wanted to learn the skills of martial arts? Never experienced Karate before? The Pocono Family YMCA offers Koei-Kan Karate-Do classes. We offer classes for beginners, starting at 5 and 6 year olds, all the way up through adulthood (5-99 years old, even though we know you're still kids at heart).

Karate for 5 & 6 year olds

This special program for kids ages 5 and 6 is an introductory class designed for little ones. Kids are taught basic blocks, kicks, punches, falls, and rolls. They begin to learn discipline, respect, and self esteem.

Classes are offered in 6-week sessions.

Wednesday: 6:00 pm – 6:30 p.m.

Thursday: 4:00 - 4:30 p.m.

Cost:

\$30 Members / \$50 Non-Members

Open Basketball

Session I begins: February 11, 2008
6:30 p.m. to close

Session II begins: March 24, 2008
6:30 p.m. to close

Ages: 20 – Adult

Cost:

Free for Members
\$7.00 for Non-Members

Karate for 7 to 12 year olds

This program is designed to develop confidence, coordination, and self-esteem while learning traditional Japanese karate.

We place an emphasis on developing the mind, body, and spirit through physical fitness, philosophy, and daily living. Kids will learn skills like blocks, punches, kicks, strikes, falls, rolls, and throws. Traditional Kata (forms) are taught, and promotions are held throughout the year once required techniques are learned and mastered. Classes are offered in 6-week sessions.

Monday: 6:30 p.m. -7:30 p.m.

(Intermediate & Advanced Levels)

Wednesdays: 6:30 pm – 7:30 p.m.

Saturdays: 12:00 pm – 1:00 p.m.

1 day a week

\$40 Members / \$60 Non-Members

2-3 days a week

\$50 Members / \$80 Non-Members

Karate for Adults age 13-99

This class helps you and your teen to invest in healthy habits of fitness and learn valuable self-defense. This is based on the traditional Japanese art of Koei-Kan Karate-Do and places emphasis on developing the individual, no matter the age. The class teaches the foundations of traditional Kata (forms), throws, blocks, kicks, strikes, and punches. History, philosophy, and training make this a never-ending learning system.

Classes are taught in 6-week sessions.

Mondays: 7:30 p.m.– 8:30 p.m.

Wednesdays: 7:30 p.m. – 8:30 p.m.

Saturdays: 12:00 p.m. – 1:30 p.m.

1 day a week

\$40 Members / \$60 Non-Members

2-3 days a week

\$50 Members / \$80 Non-Members

Women's Softball League

League Runs 8 Weeks

From March 22 – May 10, 2008

Leagues:

U10 League

U12 League

U15 League

Location: TBD

Indoor Facility - Pocono Family YMCA
Each Participant will receive a jersey and award (Team and Individual Awards)

Cost: \$35 Members / \$55 Non-Members

Upcoming Adult Sport Leagues & Tournaments

Adult Flag Football - Beginning June 2008
YMCA Cup - July 2008, 4-on-4 Soccer Tournament

YMCA Adult Soccer League
Beginning June 2008

YMCA Adult 4-on-4 Basketball League
Beginning June 2008

For more information, please contact Frank,

Adult Fencing

Online Registration: Ongoing
In-person Registration: Ongoing
6 week sessions start March 6th

When:

Thursdays
7:30 p.m. – 8:30 p.m.

Location:

YMCA

Ages:

13 to adult

Cost:

\$33 Members / \$63 Non-Members



We build strong kids, strong families, strong communities.

Y Dance Classes

Online Registration: Ongoing
In-person Registration: Ongoing

6 Week Class sessions

Ballet A/B: Study the basic techniques of ballet along with staging and performance techniques. Pink leotard, white tights and ballet shoes required.

First class: To be determined

Tap A/B: First Class: To be determined

Hip Hop A/B: Explore the exciting new energetic moves of Hip Hop culture merged with the technique of jazz.

First Class: To be determined.

\$55 Members / \$70 Non-Members

Instructional Basketball

The goal of this program is to ensure that every child has fun and has the opportunity to learn the game of basketball and rules of play. This program is lead by Dwain Segar. Coach Segar has 5 years of experience running his own basketball program in the Bronx. New to the program is a Reading Program/Book Club. The program will be free for all kids who signup for the Instructional Basketball Program. Each session will be a six week session.

SPRING I

6-8 year olds 1st class:

Sunday March 9, 2008
12:30 - 1:30 p.m.

9-12 year olds 1st class

Sunday March 9, 2008
1:30 p.m. - 3:00 p.m.

SPRING II

6-8 year olds 1st class:

Sunday, April 27, 2008
12:30-1:30 p.m.

9-12 year olds 1st class:

Sunday, April 27, 2008
1:30 - 3:00 p.m.

Cost:

\$25 Members / \$45 Non-Members

Boys High School Basketball League

Online Registration:

February 11 – February 16, 2008

In Person Registration:

February 17-March 8, 2008

League Runs

Varsity Leagues:
April 7-May 26, 2008
Games: Monday Nights

Junior Varsity Leagues:
April 7 – May 26, 2008
Games Friday Nights

All Games Played at the YMCA

Cost:

Varsity League \$275 per Team
Junior Varsity League \$250 per Team

YMCA Teen Dodge Ball League

Online Registration: February 11 – February 16, 2008

In Person Registration: February 17 - March 8, 2008

League Runs: April 9 – May 27, 2008
Tuesday Nights

All Games Played at the YMCA

Cost: \$25 Members / \$40 Non-Members

***All Participants receive a uniform and award**

Beginner & Intermediate Fencing

Online Registration & In- Person:
Ongoing

When:

This 10 week session
begins on Thursdays March 5th
from 6:30 p.m. - 7:30 p.m.

Ages: 6-12

Location:
YMCA

Cost:

\$33 Members / \$63 Non-Members

T-Ball League

Ages 5 – 7 Year Olds
Saturdays / 8 weeks

March 29 – May 17, 2008

Location: TBD

Indoor Facility - Pocono Family YMCA
Each Child Will Receive
a jersey and awards

Cost:

Members \$30 / Non-Members \$55

Girl's High School Basketball League

Online Registration:

February 11 – February 16 , 2008

In Person Registration:

February 17-March 8, 2008

League Runs

Varsity Leagues:
April 9-May 28, 2008
Games: Wednesday Nights

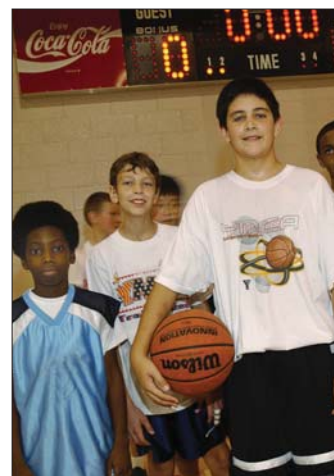
Junior Varsity Leagues:

April 9-May 28 , 2008
Games: Thursday Nights

All Games Played at the YMCA

Cost:

Varsity Leagues \$275 per Team
Junior Varsity League \$250 per Team



We build strong kids, strong families, strong communities.
YOUTH SPORTSTM

Spring Sports Sampler

This new class is intended to give your child an experience of the major sports played during the spring. We will discuss the terminology and rules of sports as well as review and perform drills, techniques and sportsmanship for all sports.

Week 1: Soccer

Week 2: Football

Week 3: Baseball/T-ball

Week 4: Track and Field

Week 5: Gymnastics

Week 6: Parent and student Fun Night

Spring I: Class Every Friday. Class Begins Friday March 7, 2008 6:30pm-7:30pm

Spring II Class Every Friday. Class Begins Friday April 25, 2008 6:30pm-7:30pm

Cost:

\$25 Members / \$50 Non-Members

YMCA Flag Football League

Online Registration:

February 11 – February 16, 2008

In Person Registration:

February 17-March 8, 2008

League Runs: Saturdays/Sundays
April 12-June 21, 2008 (10 weeks)

Leagues:

1st-2nd Grade League
3rd-4th Grade League
5-6th Grade League
Junior High League
High School League

Cost:

\$45 Members / \$60 Non-Members

Each Athlete will receive a jersey and award

WEST END

Karate @ the West End Dojo

The Pocono Family YMCA offers Koei-Kan Karate-Do classes at the West End Dojo located in the Mazuk Plaza, Route 209, Brodheads ville. We offer classes for ages 5 to 99, beginners through advanced.

Karate for 5 & 6 year olds

This special program for kids ages 5 and 6 is an introductory class designed for little ones. Kids are taught basic blocks, kicks, punches, falls, and rolls. They begin to learn discipline, respect, and self esteem.

Classes are offered in 6-week sessions.

Monday

6:30-7:00 p.m.

Cost:

\$30 Members / \$50 Non-Members

Karate for Kids 7 to 12

This program is designed to develop confidence, coordination, and self-esteem while learning traditional Japanese karate. We place an emphasis on developing the mind, body, and spirit through physical fitness, philosophy, and daily living. Kids will learn skills like blocks, punches, kicks, strikes, falls, rolls, and throws. Traditional Kata (forms) are taught, and promotions are held throughout the year once required techniques are learned and mastered.

Classes are offered in 6-week sessions.

Tuesday and Thursday

6:30-7:30 p.m.

Cost:

1 day a week

\$40 Members / \$60 Non-Members

2 days a week

\$50 Members / \$80 Non-Members

Karate for Adults age 13 to 99

This class helps you and your teen to invest in healthy habits of fitness and learn valuable self-defense. This is based on the traditional Japanese art of Koei-Kan Karate-Do and places emphasis on developing the individual, no matter the age.

The class teaches the foundations of traditional Kata (forms), throws, blocks, kicks, strikes, and punches. History, philosophy, and training make this a never-ending learning system.

Classes are taught in 6-week sessions.

Tuesday and Thursday

7:30-9:00 p.m.

Cost:

1 day a week

\$40.00 Members

\$60.00 Non-Members

2 days a week

\$50 Members / \$80 Non-Members

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