



# CREATING SKILLS BUILDING CONFIDENCE

## SEASONAL SPORTS GUIDE

Our sports programs keep kids active, teach friendly competition and introduce healthy practices for life. Explore our activities and learn why physical activity is so important for a child's growth and well-being.

### Fall / Spring Sports

Adult Volleyball  
Coed Volleyball  
Youth Soccer



### Winter Sports

Basketball



### Year-Round Sports

YBAC Swim Team  
Youth and Masters



Sign up at [acymca.org](http://acymca.org) or call (336) 395-9622

### FOR MORE INFORMATION

**Sports Director:** Mick Pettyjohn - [mpettyjohn@acymca.org](mailto:mpettyjohn@acymca.org)

**Swim Team Head Coach:** Jennifer Ward - [ybac@acymca.org](mailto:ybac@acymca.org)