

ALAMANCE COUNTY YMCA the

SPRING YOUTH SPORTS



PARENT & ME ROOKIE SPORTS

AGES 3-5

Rookie Soccer: Mon 5:30

Rookie Football: Tues 5:30



FLAG FOOTBALL

AGES 6-17

Practices Mon and Tues

Games on Saturday



CHEERLEADING ACADEMY

AGE 5-12

Mondays at 6:00pm



VOLLEYBALL

AGES 9-17

Practices Mon-Thurs

Games on Saturday

GET THE KIDS ACTIVE! TOGETHER EVERYONE ACHIEVES MORE!

Our supportive VOLUNTEER coaches will help your child grow personally as they strengthen their skills, establish work ethic, create lasting friendships and have fun! Ask us about becoming a volunteer coach!

IMPORTANT DATES

Registration opens 1/8/2024

- Youth Volleyball Registration Fee: Member (\$69); Non-Member (\$89)
- All Other Program Registration Fee: Member (\$49); Non-Member (\$69)

First Week of Youth Sports Practices – 3/11/2024

First Week of Rookie Sports Practices – 3/18/2024

Saturday Youth Sports Games Start on 3/23/2024

No Practices or Games on Spring Break April 1st – 6th

Season Ends 5/11, Volleyball Tournament Ends 5/18

*Financial assistance is available. Please stop by or contact us on how to receive a scholarship.

CONTACT US

Zack Manley – Senior Youth and Sports Director

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336-395-9622

Alamance County YMCA

1346 S Main St.

Burlington, NC 27215

Rookie Sports and Flag
Football Location

St. Marks Church

1230 St. Marks Church Rd.

Burlington, NC 27215

**Sign up at Alamance County Community YMCA
at acymca.org or at 336 395 9622.**