



Southwest Region Sports Programs Schedule

Blaisdell, River Valley, and Southdale

2023 Session 5, October 16 - December 31

SPORTS PROGRAMS

LEAGUES

LEAGUES let kids take their skills to the next level and experience positive competition. Age-based offerings vary by session and by sport. Youth Leagues consist of organized practices and team contests. Each team will focus on skill development, practice and teamwork while preparing for games or meets. The fun isn't just for kids- high school and adult leagues are available too!

Note: a structured game or meet schedule will be developed and issued the second week of the session on Friday.

CLASSES

In CLASSES, kids will meet weekly to develop their skills through a variety of age appropriate skill drills and team-building exercises. Each session kicks off with a focus on skill development and advances to teamwork concepts which may include light scrimmaging and positive competition. Trained YMCA staff leads each class with help from qualified volunteers. At the end of the session, each age level will have acquired specific skill outcomes needed to advance to the next level of skill development.

SCHOOL'S OUT SPORTS CAMPS

At SCHOOL'S OUT SPORTS CAMPS, kids come to the Y to learn new sports, build sports skills and have fun playing, on days when school is not in session. Kids build the positive relationships that lead to good sportsmanship and teamwork. Ages vary by location.

CLINICS

CLINICS let kids try out a sport they're curious to explore in a no-pressure environment. Come test out something new, or learn more about your favorite sports. Clinics are available for a variety of sports and are offered at different locations and dates throughout the year.

YOUTH LEAGUES

starting week of October 16

Games/meets take place starting Week 3

BASKETBALL

Girls Grades 1 - 2 at Southdale YMCA

Tue 5:30 pm to 6:30 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Girls Grades 1 - 2 at Southdale YMCA

Wed 5:00 pm to 6:00 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Boys Grades 1 - 2 at Southdale YMCA

Wed 5:00 pm to 6:00 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Girls Grades 1 - 2 at Blaisdell YMCA

Wed 5:30 pm to 6:30 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Boys Grades 1 - 2 at Blaisdell YMCA

Wed 5:30 pm to 6:30 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Boys Grades 1 - 2 at Southdale YMCA

Thu 5:30 pm to 6:30 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Girls Grades 3 - 4 at Southdale YMCA

Tue 5:30 pm to 6:30 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Girls Grades 3 - 4 at Pearson 6th Grade Center

Wed 5:00 pm to 6:00 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Boys Grades 3 - 4 at Pearson 6th Grade Center

Wed 5:00 pm to 6:00 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Girls Grades 3 - 4 at Blaisdell YMCA

Wed 5:30 pm to 6:30 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Boys Grades 3 - 4 at Blaisdell YMCA

Wed 5:30 pm to 6:30 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

Boys Grades 3 - 4 at Southdale YMCA

Thu 6:40 pm to 7:40 pm

\$109 member / \$134 non-member

Games/meets take place on Saturdays

Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games

REGISTRATION BEGINS SEPTEMBER 19, 2023

Girls Grades 5 – 6 at Southdale YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Tue 6:40 pm to 7:40 pm	\$109 member / \$134 non-member
Boys Grades 5 – 6 at Southdale YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Thu 7:50 pm to 8:50 pm	\$109 member / \$134 non-member
Girls Grades 7 – 8 at Southdale YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Tue 6:40 pm to 7:40 pm	\$109 member / \$134 non-member
Boys Grades 7 – 8 at Southdale YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Thu 7:50 pm to 8:50 pm	\$109 member / \$134 non-member

SOCCER

All Gender Ages 8 and under at Southdale YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Mon 5:20 pm to 6:20 pm	\$109 member / \$134 non-member
All Gender Ages 8 and under at Blaisdell YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Wed 6:50 pm to 7:50 pm	\$109 member / \$134 non-member
All Gender Ages 10 and under at Southdale YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Mon 5:20 pm to 6:20 pm	\$109 member / \$134 non-member
All Gender Ages 10 and under at Blaisdell YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Wed 6:50 pm to 7:50 pm	\$109 member / \$134 non-member
All Gender Ages 12 and under at Southdale YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Tue 7:50 pm to 8:50 pm	\$109 member / \$134 non-member
All Gender Ages 14 and under at Southdale YMCA Games/meets take place on Saturdays <i>Wk 1 & 2 one weeknight practice ONLY/Wk 3-8 one weeknight practice and Sat. games</i>	Tue 7:50 pm to 8:50 pm	\$109 member / \$134 non-member

Boys and Girls Leagues may be combined in cases of low registration.

ADULT & HIGH SCHOOL LEAGUES starting week of October 16

BASKETBALL

Women's League at Blaisdell YMCA <i>Game times vary due to number of teams-Minimum 6 players/maximum 12 players per team</i>	Sun 10:00 am to 5:00 pm	\$600 team / \$75 individual
Men's League at Blaisdell YMCA <i>Game times vary due to number of teams-Minimum 6 players/maximum 12 players per team</i>	Sun 10:00 am to 5:00 pm	\$600 team / \$75 individual

DODGEBALL

All Gender League at Southdale YMCA <i>Game times vary due to number of teams-Minimum 8 players/maximum 16 players per team</i>	Mon 6:30 pm to 8:30 pm	\$375 team / \$50 individual
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CLASSES No classes on Halloween or Thanksgiving week

BASKETBALL

Basketball Class: grade Pre-K		
Southdale YMCA Class meets 7 times starting October 17	Tue 4:30 pm to 5:00 pm	\$65 member / \$87 non-member
Blaisdell YMCA Class meets 8 times starting October 18	Wed 4:30 pm to 5:00 pm	\$74 member / \$99 non-member
Southdale YMCA Class meets 8 times starting October 21	Sat 10:00 am to 10:30 am	\$74 member / \$99 non-member

Basketball Class: grade K

Southdale YMCA Class meets 7 times starting October 17	Tue 4:30 pm to 5:15 pm	\$65 member / \$87 non-member
Blaisdell YMCA Class meets 8 times starting October 18	Wed 4:30 pm to 5:15 pm	\$74 member / \$99 non-member
Southdale YMCA Class meets 8 times starting October 21	Sat 10:00 am to 10:45 am	\$74 member / \$99 non-member

HOME SCHOOL

Homeschool P.E. Class: grades K-2

Southdale YMCA Class meets 7 times starting October 17	Tue 1:00 pm to 3:00 pm	\$65 member / \$87 non-member
Southdale YMCA Class meets 8 times starting October 19	Thu 1:00 pm to 3:00 pm	\$74 member / \$99 non-member

Homeschool P.E. Class: grades 3-5

Southdale YMCA Class meets 7 times starting October 17	Tue 1:00 pm to 3:00 pm	\$65 member / \$87 non-member
Southdale YMCA Class meets 8 times starting October 19	Thu 1:00 pm to 3:00 pm	\$74 member / \$99 non-member

Homeschool P.E. Class: grades 6-9

Southdale YMCA Class meets 7 times starting October 17	Tue 1:00 pm to 3:00 pm	\$65 member / \$87 non-member
Southdale YMCA Class meets 8 times starting October 19	Thu 1:00 pm to 3:00 pm	\$74 member / \$99 non-member

Homeschool P.E. Class: grades 10-12

Southdale YMCA Class meets 8 times starting October 19	Thu 1:00 pm to 3:00 pm	\$74 member / \$99 non-member
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RACKET SPORTS

Tennis Class: grades 1-2

Southdale YMCA Class meets 8 times starting October 16	Mon 4:10 pm to 5:10 pm	\$74 member / \$99 non-member
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Tennis Class: grades 3-4

Southdale YMCA Class meets 8 times starting October 16	Mon 4:10 pm to 5:10 pm	\$74 member / \$99 non-member
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SOCCER

Soccer Class: ages 3-4

Southdale YMCA Class meets 8 times starting October 16	Mon 4:15 pm to 4:45 pm	\$74 member / \$99 non-member
Southdale YMCA Class meets 8 times starting October 21	Sat 9:00 am to 9:30 am	\$74 member / \$99 non-member

Soccer Class: ages 5-6

Southdale YMCA Class meets 8 times starting October 16	Mon 4:15 pm to 5:00 pm	\$74 member / \$99 non-member
Southdale YMCA Class meets 8 times starting October 21	Sat 9:00 am to 9:45 am	\$74 member / \$99 non-member

REGISTRATION BEGINS SEPTEMBER 19, 2023

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Class availability varies by location. Schedules subject to change. Please visit ymcanorth.org for updated class listings.

PROGRAM LOCATIONS

Blaisdell YMCA

3335 Blaisdell Ave

Minneapolis

MN

55408

Pearson 6th Grade Center

917 Dakota St S

Shakopee

MN

55379

Southdale YMCA

7355 York Ave S

Edina

MN

55435

REGISTRATION BEGINS SEPTEMBER 19, 2023

Class availability varies by location. Schedules subject to change. Please visit ymcanorth.org for updated class listings.