



# North Region Sports Programs Schedule

Shoreview, White Bear, Maplewood, Forest Lake

2024 Session 3, June 3 - September 1

## 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 June 3

## Games/meets take place starting Week 3

### FLAG FOOTBALL

#### All Gender Grades 1 - 2 at Forest Lake YMCA

Games/meets take place on Thursdays

Mon 5:45 pm to 6:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 1 - 2 at White Bear Area YMCA

Games/meets take place on Thursdays

Mon 5:45 pm to 6:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 1 - 2 at Maplewood YMCA Community Cen

Games/meets take place on Thursdays

Tue 5:45 pm to 6:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 1 - 2 at Shoreview YMCA

Games/meets take place on Thursdays

Tue 5:45 pm to 6:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 3 - 4 at Forest Lake YMCA

Games/meets take place on Thursdays

Mon 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 3 - 4 at White Bear Area YMCA

Games/meets take place on Thursdays

Mon 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 3 - 4 at Maplewood YMCA Community Cen

Games/meets take place on Thursdays

Tue 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 3 - 4 at Shoreview YMCA

Games/meets take place on Thursdays

Tue 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 5 - 6 at Forest Lake YMCA

Games/meets take place on Thursdays

Mon 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 5 - 6 at White Bear Area YMCA

Games/meets take place on Thursdays

Mon 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 5 - 6 at Maplewood YMCA Community Cen

Games/meets take place on Thursdays

Tue 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 5 - 6 at Shoreview YMCA

Games/meets take place on Thursdays

Tue 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 7 - 8 at Forest Lake YMCA

Games/meets take place on Thursdays

Mon 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 7 - 8 at White Bear Area YMCA

Games/meets take place on Thursdays

Mon 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

#### All Gender Grades 7 - 8 at Maplewood YMCA Community Cen

Games/meets take place on Thursdays

Tue 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

REGISTRATION BEGINS MARCH 12, 2024

Class availability varies by location. Schedules subject to change. Please visit [ymcanorth.org](http://ymcanorth.org) for updated class listings.

**All Gender Grades 7 – 8 at Shoreview YMCA**

Games/meets take place on Thursdays

Tue 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**SOCCER****All Gender Ages 8 and under at Maplewood YMCA Community**

Games/meets take place on Wednesdays

Mon 5:45 pm to 6:45 pm

\$119 member / \$149 non-member

**All Gender Ages 8 and under at Shoreview YMCA**

Games/meets take place on Wednesdays

Mon 5:45 pm to 6:45 pm

\$119 member / \$149 non-member

**All Gender Ages 8 and under at Forest Lake YMCA**

Games/meets take place on Wednesdays

Tue 5:45 pm to 6:45 pm

\$119 member / \$149 non-member

**All Gender Ages 8 and under at White Bear Area YMCA**

Games/meets take place on Wednesdays

Tue 5:45 pm to 6:45 pm

\$119 member / \$149 non-member

**All Gender Ages 10 and under at Maplewood YMCA Community**

Games/meets take place on Wednesdays

Mon 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

**All Gender Ages 10 and under at Shoreview YMCA**

Games/meets take place on Wednesdays

Mon 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

**All Gender Ages 10 and under at Forest Lake YMCA**

Games/meets take place on Wednesdays

Tue 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

**All Gender Ages 10 and under at White Bear Area YMCA**

Games/meets take place on Wednesdays

Tue 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

**All Gender Ages 12 and under at Maplewood YMCA Community**

Games/meets take place on Wednesdays

Mon 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**All Gender Ages 12 and under at Shoreview YMCA**

Games/meets take place on Wednesdays

Mon 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**All Gender Ages 12 and under at Forest Lake YMCA**

Games/meets take place on Wednesdays

Tue 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**All Gender Ages 12 and under at White Bear Area YMCA**

Games/meets take place on Wednesdays

Tue 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**All Gender Ages 14 and under at Maplewood YMCA Community**

Games/meets take place on Wednesdays

Mon 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**All Gender Ages 14 and under at Shoreview YMCA**

Games/meets take place on Wednesdays

Mon 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**All Gender Ages 14 and under at Forest Lake YMCA**

Games/meets take place on Wednesdays

Tue 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**TRACK AND FIELD****Girls Grades 1 – 2 at White Bear Lake High School – South Car**

Games/meets take place on Thursdays

Tue/Thu 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

**Boys Grades 1 – 2 at White Bear Lake High School – South Car**

Games/meets take place on Thursdays

Tue/Thu 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

**Girls Grades 3 – 4 at White Bear Lake High School – South Car**

Games/meets take place on Thursdays

Tue/Thu 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

**Boys Grades 3 – 4 at White Bear Lake High School – South Car**

Games/meets take place on Thursdays

Tue/Thu 6:45 pm to 7:45 pm

\$119 member / \$149 non-member

**Girls Grades 5 – 6 at White Bear Lake High School – South Car**

Games/meets take place on Thursdays

Tue/Thu 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**Boys Grades 5 – 6 at White Bear Lake High School – South Car**

Games/meets take place on Thursdays

Tue/Thu 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**Girls Grades 7 – 8 at White Bear Lake High School – South Car**

Games/meets take place on Thursdays

Tue/Thu 7:45 pm to 8:45 pm

\$119 member / \$149 non-member

**REGISTRATION BEGINS MARCH 12, 2024**

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*Class availability varies by location. Schedules subject to change. Please visit [ymcanorth.org](http://ymcanorth.org) for updated class listings.*

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

CLASSES

No class on July 4th

BASKETBALL

Basketball Class: grade Pre-K

Shoreview YMCA	Mon 5:45 pm to 6:15 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 3		
Maplewood YMCA Community Center	Tue 5:45 pm to 6:15 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 4		
Forest Lake YMCA	Wed 5:45 pm to 6:15 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 5		
White Bear Area YMCA	Thu 5:45 pm to 6:15 pm	\$74 member / \$95 non-member
Class meets 7 times starting June 6		

Basketball Class: grade K

Shoreview YMCA	Mon 6:15 pm to 7:00 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 3		
Maplewood YMCA Community Center	Tue 6:15 pm to 7:00 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 4		
Forest Lake YMCA	Wed 6:15 pm to 7:00 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 5		
White Bear Area YMCA	Thu 6:15 pm to 7:00 pm	\$74 member / \$95 non-member
Class meets 7 times starting June 6		

Basketball Class: grades 1-2

Shoreview YMCA	Mon 6:15 pm to 7:15 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 3		
Maplewood YMCA Community Center	Tue 6:15 pm to 7:15 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 4		
Forest Lake YMCA	Wed 6:15 pm to 7:15 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 5		
White Bear Area YMCA	Thu 6:15 pm to 7:15 pm	\$74 member / \$95 non-member
Class meets 7 times starting June 6		

SOCCER

Soccer Class: ages 5-6

Shoreview YMCA	Mon 6:15 pm to 7:00 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 3		
Forest Lake YMCA	Tue 6:15 pm to 7:00 pm	\$84 member / \$109 non-member
Class meets 8 times starting June 4		

<b>Maplewood YMCA Community Center</b> Class meets 8 times starting June 4	Tue 6:15 pm to 7:00 pm	\$84 member / \$109 non-member
<b>White Bear Area YMCA</b> Class meets 8 times starting June 4	Tue 6:15 pm to 7:00 pm	\$84 member / \$109 non-member

## MINI CLASSES

### BASKETBALL

#### Basketball Class: grade Pre-K

<b>Shoreview YMCA</b> Class meets 4 times starting August 5	Mon 5:45 pm to 6:15 pm	\$47 member / \$60 non-member
<b>Maplewood YMCA Community Center</b> Class meets 4 times starting August 6	Tue 5:45 pm to 6:15 pm	\$47 member / \$60 non-member
<b>Forest Lake YMCA</b> Class meets 4 times starting August 7	Wed 5:45 pm to 6:15 pm	\$47 member / \$60 non-member
<b>White Bear Area YMCA</b> Class meets 4 times starting August 8	Thu 5:45 pm to 6:15 pm	\$47 member / \$60 non-member

#### Basketball Class: grade K

<b>Shoreview YMCA</b> Class meets 4 times starting August 5	Mon 6:15 pm to 7:00 pm	\$47 member / \$60 non-member
<b>Maplewood YMCA Community Center</b> Class meets 4 times starting August 6	Tue 6:15 pm to 7:00 pm	\$47 member / \$60 non-member
<b>Forest Lake YMCA</b> Class meets 4 times starting August 7	Wed 6:15 pm to 7:00 pm	\$47 member / \$60 non-member
<b>White Bear Area YMCA</b> Class meets 4 times starting August 8	Thu 6:15 pm to 7:00 pm	\$47 member / \$60 non-member

#### Basketball Class: grades 1-2

<b>Shoreview YMCA</b> Class meets 4 times starting August 5	Mon 6:15 pm to 7:15 pm	\$47 member / \$60 non-member
<b>Maplewood YMCA Community Center</b> Class meets 4 times starting August 6	Tue 6:15 pm to 7:15 pm	\$47 member / \$60 non-member
<b>Forest Lake YMCA</b> Class meets 4 times starting August 7	Wed 6:15 pm to 7:15 pm	\$47 member / \$60 non-member
<b>White Bear Area YMCA</b> Class meets 4 times starting August 8	Thu 6:15 pm to 7:15 pm	\$47 member / \$60 non-member

### SOCCER

#### Soccer Class: ages 5-6

<b>Shoreview YMCA</b> Class meets 4 times starting August 5	Mon 6:15 pm to 7:00 pm	\$47 member / \$60 non-member
<b>Forest Lake YMCA</b> Class meets 4 times starting August 6	Tue 6:15 pm to 7:00 pm	\$47 member / \$60 non-member
<b>Maplewood YMCA Community Center</b> Class meets 4 times starting August 6	Tue 6:15 pm to 7:00 pm	\$47 member / \$60 non-member
<b>White Bear Area YMCA</b> Class meets 4 times starting August 6	Tue 6:15 pm to 7:00 pm	\$47 member / \$60 non-member

**REGISTRATION BEGINS MARCH 12, 2024**

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## PROGRAM LOCATIONS

### Forest Lake YMCA

19845 Forest Rd N	Forest Lake	MN	55025
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### Maplewood YMCA Community Center

2100 White Bear Ave N	Maplewood	MN	55109
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### Shoreview YMCA

3760 Lexington Ave N	Shoreview	MN	55126
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### White Bear Area YMCA

2100 Orchard Ln	White Bear Lake	MN	55110
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### White Bear Lake High School – South Campus

3551 McKnight Rd N	White Bear Lake	MN	55110
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