



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BOB HOFFMAN/DOVER YMCA

The YMCA offers a variety of youth and teen programs including: Indoor Soccer, T-Ball, Dance classes, Girls Volleyball, a Dodgeball League, Nerf Tag, and more. Stop by the Bob Hoffman/Dover YMCA, call 717-292-5622 or email [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org) for details on any of the programs listed on the back.

To keep up with new and upcoming programs, like the DOVER YMCA Branch Facebook page.

Contact [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org) or 717-843-7884, ext. 263 with questions on any programs listed.



## 2019 PROGRAM REGISTRATION FORM (PLEASE PRINT)

Please check one: YMCA member Non member

Please List Program (from side 1 or 2) and dates of program: \_\_\_\_\_

Child's name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Check Gender: Male Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: PA Zip: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Parent's signature: \_\_\_\_\_

Primary phone: (\_\_\_\_\_) \_\_\_\_\_ Cell phone: (\_\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

Parent or person responsible for payment: Name: \_\_\_\_\_ Date of birth: \_\_\_/\_\_\_/\_\_\_

Address if different than child: \_\_\_\_\_

Interested in being a Team Coach for League? Yes No

Name: \_\_\_\_\_

Check T-shirt size: YS (6-8) YM (10-12) YL (14-16) Other (specify): \_\_\_\_\_

\*Shirts for soccer and t-ball only.

Optional: Please put my child on same team as: \_\_\_\_\_

(We will make every effort to accommodate your request, however, this is not a guarantee)

Mail payment with registration form to: BOB HOFFMAN YMCA, 1705 Palomino Rd., Dover, PA 17315  
For your convenience, payments may also be made over the phone using Visa, MasterCard, Discover or American Express.

"The school district neither encourages nor discourages students to participate in the activities described herein."

BOB HOFFMAN YMCA 1705 Palomino Road Dover, PA 17315 (717) 292-5622



### INDOOR SOCCER LEAGUE

The Indoor Soccer Leagues is for beginners and experienced players. Participants will learn and enhance their skills including ball handling, passing, shooting, control, and more in an instructional setting through practices and games, all on Saturday mornings. Ages 4-11. February 9 – April 6

### T-BALL LEAGUE

For beginners and experienced players. Participants will learn and enhance their baseball/softball skills including throwing, fielding, hitting and more through instruction, practices and games, all held on Saturday mornings. Youth who are ready to advance past hitting off the tee, will gain "soft-pitch" from the staff and coaches. Ages 4-8 April 27 – June 8.

### INDOOR SOCCER AND T-BALL:

Teams formed the first Saturday with all games at the Dover YMCA Branch against one another.

Ages 4-5, 9-10 AM

Ages 6-8, 10-11 AM

Ages 9-11, 11-Noon \*indoor soccer only

Fees: \$33-Member \$66-Non member

\*Times subject to change after first week.

### 5<sup>TH</sup>/6<sup>TH</sup> GRADE NIGHT OUT

Calling all 5<sup>th</sup> and 6<sup>th</sup> graders! Enjoy an evening of dodgeball, music, and socializing with friends at the Y. Teams will be formed at the beginning of the event and a tournament will follow. Friends can request to be on the same team.

2nd Friday of the month 6:30-8:30 PM

January 11, February 8, March 8, April 12 and May 10

Fees: \$2-Member \$5-Non-Member

### DODGEBALL LEAGUE

Join us for non-stop games using rubber coated foam balls. Teams formed on the first day from individual registrations with coed league games and playoffs held the following Saturdays.

Saturdays, January 19-March 9

Ages 8-10: 1:15-2:15PM

Fees: \$33/Member \$66/Non-Member

### CREATIVE DANCE

Learn basic pre-ballet movement to simple choreography. Students will end the session with a dance recital (minimal fee for costume). Proper dance attire (ballet shoes, a leotard and tights) required.

Wednesdays, January 9-March 13

Wednesdays, March 27-May 29

Ages 5-8 5:15-6:00 PM

Ages 3-4 6-6:45 PM

Ages 9-12 6:45-7:45 PM

Session Fee:

\$50/Member \$100/Non-Member



### MODERN DANCE

This class is an advancement up one level from "creative dance". Participants will be excelling from basic ballet moves to modern dance, which is a little more advanced. Recommended for those which have previously attended a "creative dance" class or have some dance experience.

Wednesdays, January 9-March 13

Wednesdays, March 27-May 29

Ages 6-10, 6-6:45PM

Fees: \$50/Member \$100/Non-Member



### BEGINNERS HIP HOP DANCE CLASS

A fun and upbeat introduction to hip hop, also known as street dance. Participants will learn the basic moves to hip hop as well as coordination, fun combinations, and freestyle movement for the opportunity to develop their own sense of style.

Wednesdays, January 16-March 6

Wednesdays, March 20-May 8

Ages 7-12, 6:50-7:35PM

Fee: \$33/Member \$66/Non-Member

### NEW! NERF TAG

This exciting game is focused on participants working together to capture the flag on the other teams side of the gym while playing with nerf guns. Each participant must bring their own equipment including safety glasses, ammo (bring a lot), and nerf gun. Label all equipment.

Saturday's, March 23-May 18

Ages 6-11, 12:15 PM - 1:15 PM.

Fees: \$33/Member \$66/Non-Member

### GIRLS INTRUMURAL VOLLEYBALL

Ages 8-10 \*Program for ages 11-15 offered at the York Branch\*

This fun program will teach participants fundamental volleyball skills through instruction, drills, and practice.

Thursdays: February 7-March 28, 5:45-6:45PM

Thursdays: April 11-May 30, 5:45-6:45PM

\$33/session-YMCA Member \$66/session-Non member

### YOUNG TIGERS TAEKWONDO

Age 4 & 5. Class held on Monday's, 1/7-3/25, 5:30-

6:15PM. Young Tigers is a fun program for the little kids.

Kids learn fun kicks and exercises that develop balance, coordination, strong minds and strong bodies.

### SAFE KIDS TAEKWONDO

Ages 6 – Adult. Class held on Tuesday's, 1/8-3/26, 6:00-

7:00 PM. Earn your internationally certified Black Belt

while learning about safety awareness and self-defense.

Registration fee for all taekwondo programs is \$15 for 12 weeks. session. Class drop in fee is \$5 per week.

**Ask us about financial assistance  
toward programs and/or  
membership.**