

**BEING A PART** of the YMCA is different and special! We welcome and support all children and families. We help build the values of caring, honesty, respect and responsibility. We are for everyone!  
People of all ages, and every race, creed, religion, income level and ability are welcome.

### YOUTH AND TEEN ACTIVITIES

AfterSchool Club-  
Mon-Fri. 3-6pm  
Games, swim, homework  
Karate  
Basketball Leagues  
Swimming Lessons  
Swim Team  
Recreational Swim  
Gymnastics Lessons  
Rhythmic Gymnastics  
Strength Training- 15 yrs and up

### YMCA of Glendale Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### ASSISTANCE WITH FEES

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

### RIGHTS RESERVED

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.

*partially sponsored by*  
Youth Programs  
Glendale Motor Car Dealers



140 N. Louise Street  
Glendale, CA 91206  
Lexington Program Center  
735 E. Lexington St  
Glendale, CA 91206  
Phone: 818-240-4130  
Fax: 818-500-1737  
Email: [ymca@glenymca.org](mailto:ymca@glenymca.org)  
Web: [www.glendaleymca.org](http://www.glendaleymca.org)



# BASKETBALL TEAM PROGRAMS FOR BOYS & GIRLS AGES 6-15



**When you join** a YMCA Basketball league you are saying that you believe the game is about participation, sportsmanship, character development, non-violent conflict resolution and healthy habits that build real sport heroes. Last year the YMCA helped hundreds of children learn about sports and sportsmanship, supported by this code. All leagues age 8 and up utilize a regulation 10'0" basket. Age levels are determined based on your age on September 1, 2007.

**EVERYONE PLAYS!** YMCA Basketball teaches about caring, honest, respect & responsibility. These are the values that build resilient boys and girls who can tackle anything life throws their way.

**PARENT INVOLVEMENT** - The more involved you can be the better. We need you as coaches and assistant coaches. You'll receive training, support and a high degree of satisfaction!

**For additional information, contact Ray Calame at (818) 240-4130 ext.24 or [rcalame@glenymca.org](mailto:rcalame@glenymca.org)**

***We Need Your Support !***

**SPONSORS** are needed for all teams in our youth basketball programs and is vital in keeping the player fees reasonable. Call Ray Calame on how you can help !

## Y-Varsity

Y-Varsity basketball is a recreational setting, meaning there are no elimination try-outs.

**Seasons:** Jan-Apr, May-Aug and Sept-Dec  
**Practices & Games:**

1 practice during the week and a running clock game each Saturday all at the YMCA facility.

**Team levels:** Frosh; age 6-7 (boys and girls utilizing an 8'0' basket),  
 Soph; age 8-9 (boys),  
 JV; age 10-11 (boys),  
 Varsity; age 12-13 (boys),  
 High School; age 14-15 (boys) and  
 Soph Up; age 8 and up (Girls).

**Coaches:** Parents and young adults age high school and up.

**Placement:** If registered by the deadline date, all players are guaranteed to be placed on a team and play 1/2 of the first 3 quarters of each game. The fourth quarter is free substitution.

**Team Makeup:** Each team has 7-9 players on its roster.

	Age Divisions and Fees					
	Frosh	Soph	Jr. Varsity	Varsity	High School	Girls Soph Up
Ages	(6-7)	(8-9)	(10-11)	(12-13)	(14-15)	(8+)
By Deadline	\$70	\$80	\$85	\$90	\$90	\$80
After Deadline	\$85	\$95	\$100	\$105	\$105	\$85

## Y-Panthers

Y-Panthers basketball is for advanced skill players as we play other cities club teams. Panthers have "try-out days" and players not selected for a team are placed in the Recreational Varsity Program.

**Seasons:** Practices are in November-December and games in January, February and the first 2 weeks of March.

**Practices & Games:** Practices are twice a week at various local Middle and High School gyms. Games are regulation stop time games sometimes traveling to other cities.

**Team Levels:** Boys Age 7 & 8, Boys 9, Boys 10, Boys 11, Boys 12, Boys 13, Girls 8 & 9, Girls 10 & 11 and Girls 12-14.

**Coaches:** Coaches are adult age with knowledge of implementing various skills, drills, fundamentals, and individual and team concepts of offense and defense.

**Placement:** Try-outs are held each October. Not all players are selected. You do not pay a fee until you are selected to a team. The league requires a minimum playing time in each game for each player.

**Team Makeup:** Each team must have 10 players on its roster.

### Age Divisions and Fees

	Age 11 & under	Age 12 & up
YMCA Members	\$170	\$190
Non-YMCA Members	\$250	\$270