



2021 SUMMER YOUTH SPORTS GUIDE



**REGISTER TODAY
AT YMCATVIDAHO.ORG**

SUMMER DAY CAMPS

TEAM IDAHO TRACK & FIELD

SUMMER SPORTS LEAGUES

FALL SPORTS SNEAK PEEK

SUMMER DAY CAMPS

PRE-K CAMPS (AGES 4-6)

9-10:30am (AM1)

ROOKIES BASKETBALL CAMP **D S W**

Our caring and knowledgeable instructors will teach players basketball skills through exciting and fun drills and games. Players will grow with their knowledge and skills of the game in a safe and exciting environment. Participants will also be given the opportunity to learn important life lessons, healthy living habits, Y-Values (CARING, HONESTY, RESPECT, and RESPONSIBILITY), teamwork, and much more!

FEE: Member \$65 | Non-member \$100

SESSION/S: **D** Jun 21-25 AM1

S Aug 9-13 AM1

W Jul 12-16 AM1

SPORTS CAMPS (AGES 7-11)

Half-Day: 9am-1pm (AM) or 1-5pm (PM) | Full-Day: 9am-5pm

BASKETBALL CAMP **D S W**

Our caring and knowledgeable instructors will teach players basketball skills through exciting and fun drills and games. Players will grow with their knowledge and skills of the game in a safe and stimulating environment. Players will learn the rules of the game and the YMCA character values of CARING, HONESTY, RESPECT, and RESPONSIBILITY in the lessons throughout the camp.

FEE: Member \$125 | Non-member \$185

SESSION/S: **D** Jun 21-25 AM

S Aug 9-13 AM

W Jul 12-16 AM

BASKETBALL SKILLS CAMP **G**

Students will have the opportunity to practice dribbling, passing, shooting, defense, footwork, and understand the rules and organization of basketball.

AGES: 6-10

FEE: Member \$80 | Non-member \$140 **G** (Half-Day)

Member \$160 | Non-member \$280 **G** (Full-Day)

SESSION/S: **G** Jul 19-23

CONTACT: 208 459 2498 ext 660

AGES
6-10

FOOTBALL CAMP **D S W**

Players will have the opportunity to learn and practice football skills welcoming, fun, and encouraging environment. Players will explore football's fundamental skills, including passing, catching, football stances, route running, defensive strategies, offensive plays, and much more! Our football camp is a non-contact program, as we use flags instead of tackling. Football camp provides an opportunity for players of all levels to experience the great American sport of football. Campers are required to bring a refillable water bottle and may wear cleats, but they are not required as long as they have athletic-type shoes.

FEE: Member \$125 | Non-member \$185

SESSION/S: **D** Aug 9-13 AM

S Jun 28-July 2 AM

W Jul 19-23 AM

ROOKIES SOCCER CAMP **D S W**

Our caring and knowledgeable instructors will teach players soccer skills through exciting and fun drills and games. Players will grow with their knowledge and skills of the game in a safe and exciting environment. Players will grow in their understanding of the game and other important areas of life, including healthy living habits, Y-Values (CARING, HONESTY, RESPECT, and RESPONSIBILITY), teamwork, and much more!

FEE: Member \$65 | Non-member \$100

SESSION/S: **D** Jul 12-16 AM1

S Jul 19-23 AM1

W Jun 21-25 AM1

FOOTBALL SKILLS CAMP **G**

Students will have the opportunity to practice all the fundamental football skills, fitness conditioning, and engage in fun play and interaction.

AGES: 6-10

FEE: Member \$80 | Non-member \$140 **G** (Half-Day)

Member \$160 | Non-member \$280 **G** (Full-Day)

SESSION/S: **G** Aug 2-6

CONTACT: 208 459 2498 ext 660

AGES
6-10

PREMIER BASKETBALL CAMP PRESENTED BY TVA AU **S**

This camp will provide high-level coaching from experienced staff. Players will be lead through drills and scrimmages to improve their playing level. This is a fun and up-tempo camp that will keep kids entertained and active all week. Players will be grouped by age and/or experience level in a more competitive environment.

AGES: 10-13

FEE: Member \$125 | Non-member \$185

SESSION/S: Boys: Jun 14-18 AM | Jun 28-Jul 2 AM |

Jul 26-30 AM

Girls: Jun 21-25 AM | Jul 19-23 AM

Boys/Girls: Aug 2-6 AM

AGES
10-13

SOCCER CAMP **D S W**

Our caring and knowledgeable instructors will teach players soccer skills through exciting and fun drills and games. Players will grow with their knowledge and skills of the game in a safe and exciting environment. Players will grow in their understanding of the game and other important areas of life, including healthy living habits, Y-Values (CARING, HONESTY, RESPECT, and RESPONSIBILITY), teamwork, and much more!

FEE: Member \$125 | Non-member \$185

SESSION/S: **D** Jul 12-16 AM

S Jul 19-23 AM

W Jun 21-25 AM

SCAN THE QR CODE TO BROWSE OUR
SUMMER DAY CAMPS AND SIGN UP! >>



SUMMER DAY CAMPS

VOLLEYBALL CAMP **D S W**

A great way to work on your game! We offer players a fun, enjoyable, and educational environment! Our caring, skilled, and knowledgeable instructors will teach and enhance basic to intermediate techniques with six major skills; passing, setting, blocking, defense, serving, and attacking. We have designed this camp specifically with young players in mind and have modified our equipment, technique skills, and games to make learning volleyball more fun! Our goal is to meet the needs of each player.

FEE: Member \$125 | Non-member \$185

SESSION/S: **D** Jul 26-30 AM

S Jun 21-25 PM

W Aug 9-13 AM

AGES
6-10

Y SUMMER GAMES CAMP **D S W**

We are excited to be offering a brand new opportunity for your sports-loving athlete to get out, learn some new sports and games, and HAVE FUN! With safety, cleanliness, and social distancing in mind, our mindful, enthusiastic, and energetic coaches are excited to provide your athlete with an awesome experience this summer.

We will provide your athlete the ultimate sports and games experience as they will learn some new activities and games that they may not have played before, like corn hole, bocce, kan jam, spike ball, badminton, pickleball, and more! Your athlete will also get to experience some traditional sports, like basketball, soccer, volleyball, football, and tennis, but with a twist like playing HORSE in basketball or Soccer Golf to ensure the safety and health of your athlete and our coaches. Even though this Summer Sports Camp may be different, it will certainly provide your athlete with a lot of fun.

FEE: Member \$125 | Non-member \$185

SESSION/S: **D** Jul 19-23 AM | Jun 21-25 AM

S Jul 26-30 AM

W Jun 14-18 AM

SOCCER SKILLS CAMP **G**

An opportunity to improve performance in speed, quickness, and agility, refine foundational soccer skills, learn how to design a strength and conditioning program to maintain fitness for years to come. All skill levels and abilities will benefit from this fun and interactive camp.

AGES: 6-10

FEE: Member \$80 | Non-member \$140 **G** (Half-Day)

Member \$160 | Non-member \$280 **G** (Full-Day)

SESSION/S: **G** Aug 2-6

CONTACT: 208 459 2498 ext 660

TENNIS CAMP **D W**

Our caring and knowledgeable instructors will teach players Tennis skills through exciting and fun drills and games. Players will grow with their knowledge and skills of the game in a safe and exciting environment. Players will grow in their understanding of the game and other important areas of life, including healthy living habits, Y-Values (CARING, HONESTY, RESPECT, and RESPONSIBILITY), teamwork, and much more!

FEE: Member \$125 | Non-member \$185

SESSION/S: **D** Jun 14-18 AM

W Jul 26-30 AM



TEEN CAMPS (AGES 12-15)

9am-1pm (AM) or 1-5pm (PM)

TEEN VOLLEYBALL CAMP **D S W**

A great way to work on your game! We offer players a fun, enjoyable, and educational environment! Our caring, skilled, and knowledgeable instructors will teach and enhance basic to intermediate techniques with six major skills; passing, setting, blocking, defense, serving, and attacking. We have designed this camp specifically with young players in mind and have modified our equipment, technique skills, and games to make learning volleyball more fun! Our goal is to meet the needs of each player.

AGES: 12-15

FEE: Member \$125 | Non-member \$185

SESSION/S: **D** Jul 26-30 PM

S Jun 21-25 PM

W Aug 9-13 PM



ALL 2021 SUMMER DAY CAMPS ARE PRESENTED BY



TEAM IDAHO

SUMMER TRACK & FIELD CDSW

Summer Track and Field offers training for all events to all ages and ability levels from ages 6–18. This program is designed to help youth and teen athletes improve their track and field skills. We have various times and locations; practices will be held twice a week. (Advanced practices will be held three times a week.) Training sites are located around the valley with morning and evening options.

AGES: Youth: 6–12
Teen/Masters: 13+
Advanced: 13+

FEE: Youth: Member \$80 | Non-member \$110
Teen/Masters: Member \$100 | Non-members \$140
Advanced: Member \$135 | Non-members \$190
Pole Vault: \$100 | Non-member \$140

SESSION/S: Jun 1–Jul 22

SCHEDULE: **Youth & Teen Practice Schedule**
Mon, Tue, 10–11:30am – Boise High School and Nampa High School
Mon, Tue, 6–7:30pm – Borah High School and Eagle High School
Mon, Wed, 9–10:30am – Centennial High School and Kuna High School
Mon, Wed, 10–11:30am – Borah High School
Advanced Training
Mon, Tue, Wed, 6–8pm – Borah High School
Pole Vault
Mon, Tue, 9–11:15am – Boise High School

YMCA ALL-COMERS TRACK & FIELD MEETS CDSW

Join us each Thursday evening to watch your community shine as they complete in an open meet for Track and Field events. Pre-registration is required on athletic.net for all athletes.

AGES: 6+

FEE: Member \$5 | Non-member \$5

SESSION/S: Jun 10, 17, 24, Jul 1, 8, 15, 22

SCHEDULE: Thu, 5:30pm & 6:30pm

LOCATION: Visit ymcatvidaho.org for location details.



SUMMER XC RUNNING CAMP AT YMCA CAMP AT HORSETHIEF RESERVOIR CDSW

This overnight camp, where participants will enjoy cross country running activities, is inclusive for all genders. Bus transportation will be provided for participants, departing from Boise and arriving at YMCA Camp at Horsethief Reservoir in Cascade for three nights and four days of cross country running.

Summer XC Running Camp is for high school runners to prepare them for the upcoming season. Daily runs, educational seminars, and team-building exercises will be part of the fun. There will also be opportunities for the athletes to do camp activities such as swimming, climbing, and camp games. **This program is limited to the first 60 campers.**

GRADES: 7–12

FEE: Member \$300 | Non-member \$350

SESSION/S: Jul 2–5

LOCATION: YMCA Camp at Horsethief Reservoir

STAY UPDATED!

-  Treasure Valley Family YMCA
-  tvfamilyymca
-  @TVFamilyYMCA
-  TVFamilyYMCA

For more information about Team Idaho Track and Field, please contact:

208 344 5502 ext 211

EARLY SUMMER SPORTS

SUMMER T-BALL LEAGUE CDSW

This summer will be the perfect occasion for your child to get some time on the diamond. Participants will play on a team that practices one evening per week and play games on Thursdays. Players are provided a jersey and hat from the YMCA. Players will need a glove, and cleats are optional. Bats are optional, as the Y will provide bats for games.

AGES: 4–6

FEE: Member \$67 | Non-member \$99

REGISTER BY: May 24

PRACTICES BEGIN: Week of Jun 7

GAME DATES: Jun 17, 24, Jul 1, 8, 15, 22



TVAU SUMMER BASKETBALL LEAGUE S

Youth Summer Basketball League offers an opportunity for players to play the game they love all summer. Teams are formed by coaches or parents and sign up as a team. There is a girls' and boys' league. A roster, along with payment, is submitted to YMCA Sports. Teams are responsible for uniforms and practice. Teams will have one or two games per week in the evening throughout the summer. Start talking to friends and form a team now. Teams may combine grade levels and play "up" a maximum of two grade levels. If you don't have a team, please contact basketball@ymcatvidaho.org to be added to our "free agent" list!

GRADES: 5–9

FEE: \$500/team
(\$50 optional tourney participation fee)
(\$14 National AAU Membership is required)

SESSION/S: Jun 15–Aug 12

SCHEDULE: Tue, Thu, 5–9pm

SUMMER SAND VOLLEYBALL LEAGUE CW

Are you looking for a bit of fun in the sand this summer without going to the beach? Our Summer Sand Volleyball League offers a fun and enjoyable environment to enjoy the sport of volleyball outdoors. Exact times and locations are determined by volunteer coaches and consider the team's family makeup. Practices will be held in the evening on weekdays. Game schedules will be issued during the first week of practice. Equipment: players will be provided with a volleyball jersey from the YMCA.

AGES: 9–12 | 13–16

FEE: Member \$67 | Non-member \$99

REGISTER BY: May 24

PRACTICES BEGIN: Week of Jun 7

GAME DATES: Jun 17, 24, Jul 1, 8, 15, 22



FINANCIAL ASSISTANCE IS AVAILABLE!

The Y is committed to strengthening communities. Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income, or background, has the opportunity to have the Y experience. Our Financial Assistance program makes this possible. Call your Y for more information and to apply.

LATE SUMMER SPORTS



Y VOLLEYBALL LEAGUE** D S W

Y Volleyball is an opportunity for youth of all ages, abilities, and backgrounds to play volleyball in a safe, fun, and nurturing environment. Every child plays equally in Y Volleyball regardless of their position or individual ability. Teammate and coach requests accepted. Practices are held weekday evenings and are determined by school availability and coach needs. Teams play a total of 6 games, all on Thursdays. All divisions will receive a full uniform. 2nd/3rd and 4th/5th graders practice once per week while 6th/7th graders will practice twice per week.

GRADES: 2/3, 4/5, 6/7
FEE: Member \$67 | Non-member \$99
REGISTER BY: Jul 20 (*Late registration begins Jul 21)
PRACTICES BEGIN: Week of Aug 23
GAME DATES: Sep 2, 9, 16, 23, 30, Oct 7

ROOKIES SOCCER D S W

Participants experience their first gameplay, create fun names for their assigned teams, and participate in drills and games. Each child receives a team shirt and will be exposed to the YMCA character values of CARING, HONESTY, RESPECT, and RESPONSIBILITY. There are no weekday practices; the entire program will be held on Saturdays.

AGES: 4-6
FEE: Member \$54 | Non-member \$85
REGISTER BY: Aug 28
SCHEDULE: Sat, 10-11am or 11:15am-12:15pm
GAME DATES: Aug 28, Sep 11, 18, 25, Oct 2, 9

SOCCER LEAGUE** D S W

Y Soccer is an opportunity for youth of all ages, abilities, and backgrounds to play soccer in a safe, fun, and nurturing environment. Every child plays equally in Y Soccer regardless of their position or individual ability. Teammate and coach requests are accepted. Practices are held weekday evenings and will be determined by the coach's needs. Teams play a total of 6 games, all of which take place on Saturdays. All divisions will receive a full uniform. U6-U8 will practice once per week, and U10-U12 will practice twice per week.

DIVISIONS (GRADE): U6 (K), U8 (1/2), U10 (3/4), U12 (5/6)
FEE: Member \$67 | Non-member \$99
REGISTER BY: Jul 19 (*Late registration begins Jul 20)
PRACTICES BEGIN: Week of Aug 16
GAME DATES: Aug 28, Sep 11, 18, 25, Oct 2, 9



*Late registration is effective as of the listed date within each league. Any registrations submitted from this date onward include an additional, mandatory late fee of \$20 to the total payment. While we do our best to accommodate one's needs, late registrants are not guaranteed the honoring of friend or coach requests, a jersey before the first game, or a convenient/preferred practice location.

**Did you play last winter season with us? You can either choose to reuse last year's uniform or purchase a new one for \$20.

SCAN THE QR CODE TO BROWSE OUR SPORTS PROGRAMS AND SIGN UP! >>



FALL SPORTS SNEAK PEEK

ROOKIES BASKETBALL LEAGUE D S W

Participants experience their first gameplay, create fun names for their assigned teams, and participate in drills and games. Each child receives a team shirt and will be exposed to the YMCA character values of CARING, HONESTY, RESPECT, and RESPONSIBILITY. There are no weekday practices; the entire program will be held on Saturdays.

AGES: 4-6
FEE: Member \$54 | Non-member \$85
SESSION/S: Fall: Oct 30, Nov 6, 13, Dec 4, 11, 18
 Winter: Jan 29, Feb 5, 12, 26, Mar 5, 12
 Sat, 10-11am or 11:15am-12:15pm

ROOKIES FOOTBALL D S W

Participants experience their first gameplay, create fun names for their assigned teams, and participate in drills and games. Each child receives a team shirt and will be exposed to the YMCA character values of CARING, HONESTY, RESPECT, and RESPONSIBILITY. There are no weekday practices; the entire program will be held on Saturdays.

AGES: 4-6
FEE: Member \$54 | Non-member \$85
SESSION/S: Fall: Oct 30, Nov 6, 13, Dec 4, 11, 18
 Winter: Jan 29, Feb 5, 12, 26, Mar 5, 12
 Sat, 10-11am or 11:15am-12:15pm

TVAU 5th-7th GRADE BASKETBALL LEAGUE TRYOUTS S

SAVE THE DATE! This competitive basketball league allows athletes to compete within a league where standings and scores are kept. All rules are based on high school playing rules. Players try out with their grade level according to the high school they will attend in the future. See the website for more information on placement and league structure.

AGES: 10-13
FEE: Member \$118 | Non-member \$148
 (\$14 National AAU Membership is required)
TRYOUTS: Boys: Aug 7 or 14
 Girls: Sep 25 or Oct 2
CONTACT: 208 331 9622 ext 808



Y-BASKETBALL LEAGUE** D S W

Y-Ball is an opportunity for youth of all ages, abilities, and backgrounds to play basketball in a safe, fun, and nurturing environment. Every child plays equally in Y-Basketball regardless of their position or individual ability. Teammate and coach requests are accepted. Practices are held weekday evenings and are determined by school availability and coach needs. Teams play a total of 6 games, and all games are on Saturdays. All divisions will receive a full uniform. K-3rd grades will practice once per week, and 4th-7th grades will practice twice per week.

GRADES: K-7
FEE: Member \$67 | Non-member \$99

BOYS
SESSION/S: Fall: Oct-Dec
REGISTER BY: Sep 6 (*Late registration begins Sep 7)
PRACTICES BEGIN: Week of Oct 11
GAME DATES: Oct 30, Nov 6, 13, De. 4, 11, 18

GIRLS
SESSION/S: Winter: Jan-Mar
REGISTER BY: Dec 7 (*Late registration begins Dec 8)
PRACTICES BEGIN: Week of Jan 10
GAME DATES: Jan 29, Feb 5, 12, 26, Mar 5, 12

Y-BALL IS SPONSORED BY



STAY UPDATED!

-  Treasure Valley Family YMCA
-  tvfamilyymca
-  @TVFamilyYMCA
-  TVFamilyYMCA

For more information about Youth Sports, contact your YMCA facility's Youth Sports Department:

- D** 208 344 5502 ext 292
- S** 208 331 9622 ext 515
- W** 208 377 4886 ext 801

TREASURE VALLEY FAMILY YMCA FACILITY DIRECTORY

CALDWELL YMCA

3720 S Indiana Ave
Caldwell ID 83605
208 454 9622

DOWNTOWN BOISE YMCA

1050 W State St
Boise ID 83702
208 344 5501

SOUTH MERIDIAN YMCA

5155 Hillside Ave
Meridian ID 83642
208 331 9622

WEST BOISE YMCA & BOISE CITY AQUATIC CENTER

5959 N Discovery Way
Boise ID 83713
208 377 9622

MEMBERSHIP & FEES

Membership Type	Monthly Fee				Join Fee
	Downtown Boise YMCA	South Meridian YMCA	West Boise YMCA	Caldwell YMCA	All Facilities
Family*	\$77.90	\$77.90	\$77.90	\$74.90	\$60
2-Person Family**	\$63.90	\$63.90	\$63.90	\$60.90	\$45
Individual Adult (30-64)	\$45.90	\$45.90	\$45.90	\$43.90	\$30
Older Adult (65+)	\$42.90	\$42.90	\$42.90	\$40.90	\$30
Young Adult (19-29)	\$31.90	\$31.90	\$31.90	\$30.90	\$30
Youth (10-18)	\$26.90	\$26.90	\$26.90	\$25.90	\$0

Membership fees are based on median household income for each location. Tax applies to all membership dues. These membership rates do not apply to short-term memberships. For information about short-term membership, visit the front desk.

*Family definition: 2 adults in a domestic partnership and their dependent children age 23 and younger, or 1 adult and 2 or more dependent children, age 23 and younger.

**2-Person Family definition: 2 adults in a domestic partnership or 1 adult and 1 dependent child, age 23 and younger.

HOW TO JOIN

ONLINE

Visit ymcatvidaho.org to join on-line at your convenience. Be sure to check out our Membership Calculator to see which option is best for you.

IN PERSON

Visit any Treasure Valley Family YMCA facility to learn more about membership and receive a tour.

A Safe Place For All

At the TV Y we make the commitment to our community to always be safe and responsible for all. We follow safety guidelines from our government health authorities as a minimum. To learn more, please visit ymcatvidaho.org.

Welcoming and Inclusion

At the Y, we welcome everyone whose behavior adheres to our core values of caring, honesty, respect, and responsibility.

We advance our cause by building a stronger and more equitable community where everyone has the opportunity to learn, grow, thrive, and reach their full potential with dignity.

The Y is a force for building bridges among all people—regardless of ability, age, birthplace, cultural background, ethnicity, faith, gender, gender identity, ideology, income, race, or sexual orientation.

The Y is for all.

CANCELLATION & REFUND POLICY

No credits, refunds, or program/camp transfers will be allowed within 7 days of the start of the program or camp in which you are registered. If you wish to make a change (transfer) or cancel your registration prior to the 7 day cut off, you will be given two options:

1) A full refund to your credit card or method of payment. Please allow a few days for processing.

2) A system credit towards another camp or program at the YMCA. Prior to the start of camp, we pay for buses, staffing, admission tickets, and all supplies. Therefore, our cancellation and refund policy has been created with those expenses in mind.

WHAT HAPPENS IF THE YMCA CANCELS THE PROGRAM OR CAMP?

The YMCA reserves the right to cancel any program or camp due to unforeseen circumstances (i.e. extreme weather conditions, emergency facility issues, etc). If the YMCA cancels your program or camp, you will be offered two options:

1) A full refund.

2) A system credit to be used towards another camp or program.

The Treasure Valley Family YMCA is a 501(c)(3)
Nonprofit Organization.
Our Tax ID number is 82-0200908.

The Y.™ For a better us.