

Middle School Sports (Grades 6-8)



Volleyball Skills Academy (Grades 6-8) - [Register here!](#)

Wednesdays from 6:00-6:55pm OR Saturdays from 12:40-1:35pm • Family Membership \$163, Non-Members \$240
The Beginner Volleyball Skills Academy helps youth learn and hone fundamentals to feel confident in game play. Experience the Y Sports difference where we emphasize each participant's time with the ball, high repetitions and inclusive game play. Each session will include a warm-up, character topic, designated skill focus, tactical development and game-like simulation drills.

Basketball Skills Academy + Games (Grades 6-8) - [Register here!](#)

Thursdays from 6:10-7:25pm • Family Membership \$198, Non-Members \$248
+ Games programming adds a coached 40-minute scrimmage to the second half of each session to combine healthy competition with optimal developmental opportunities. The McGaw YMCA Basketball Skills Academy + Games program helps youth learn and hone fundamentals to feel confident in game play. The skills academies are led by seasoned adult instructors utilizing the Jr. NBA instructional curriculum.

Experience the benefits of McGaw YMCA membership. Present this flyer at the YMCA front desk to enjoy a **FREE 5-day household trial membership.**

Photo state ID required for all adults. An adult age 18+ must accompany all minors. Redeem by 5/31/26.

Adult Sports (ages 14+)



Pickleball Beginner Skills Clinic (ages 14+) - [Register here!](#)

New/Beginner: Tuesdays, 7:00-8:00pm; Wednesdays, noon-1:00pm; Saturdays, 8:15-9:15am; Sundays, 11:00-noon
Beginner/Adv Beginner: Tuesdays, 7:00-8:00pm; Wednesdays, noon-1:00pm; Saturdays, 8:15-9:15am; Sundays 11:00-noon
Members \$163, Non-Members \$240

Join the pickleball craze in this non-intimidating environment designed to help you feel comfortable integrating into future open play settings. Learn etiquette, rules, scoring and foundational techniques including movement, grip, serve, return, third shot and basics of dinking, groundstrokes and volleying. Group enjoys both skill instruction and application in game play each class.

Pickleball Intermediate Skills Clinic (ages 14+) - [Register here!](#)

Intermediate: Tuesdays, noon-1:00pm OR Thursdays, 7:00-8:00pm
Intermediate/Advanced: Tuesdays, 1:00-2:00pm
Members \$163, Non-Members \$240

Take your game to the next level. Designed for players at a 3.0-3.5 skill level, learn how to hit every ball with a purpose through technical development, consistency and accuracy. Learn, refine and understand the strategies behind different shot selections including dinking, third shot drives and drops, block volleys, overheads, lobs and court positioning. Group enjoys both skill instruction and application in game play each class.

Pickleball League (ages 14+) - [Register here!](#)

Wednesdays, 7:00-8:15pm (Intermediate levels 3.0, 3.5); Thursdays, 12:15-1:30pm (Beginner levels 2.5, 3.0);
Sundays, 12:00-1:15pm (Beginner levels 2.5, 3.0)
Members \$163, Non-Members \$240

Build skills and community - The ladder league is structured for 5 players per group, allowing each group to play 4 games to 11 win by 1 every week, rotating partners. Ranking system supports play with others of similar skill levels and ensures every match is meaningful in a fun, recreationally-competitive environment with fellow McGaw YMCA and community members. Sign up as an individual. Scores submitted in DUPR rating system.

NEW! Pickleball Adv Beginner Coached Skills Clinic + League - A YMCA signature program - [Register here!](#)

Thursdays, noon-1:30pm
Members \$163, Non-Members \$240

The best of both worlds combine in this hybrid pickleball program designed to take your game from an advanced beginner to an intermediate level. An experienced YMCA pickleball instructor introduces participants to the day's featured technical and tactical focus through structured drills for the first 30 minutes before commencing recreational ladder league play. Instructor monitors game play to provide in-time feedback individually and collectively to help players break through plateaus and build pickleball and partner play IQ. Recommended for 2.5 and 3.0 level players who have completed one YMCA skills clinic or comparable open play.

the Y
YMCA

SPRING SPORTS at the Y

Spring Session: April 6 - June 7

Register for spring sports at the McGaw YMCA!

Did you know? The Y serves over 1 million youth sports participants annually. Our sports programs emphasize fun, safety and positive, equal play. [Experienced adult instructors](#) foster a welcoming recreational environment using an age-appropriate curriculum with activities and games designed to increase physical, cognitive and social/emotional development. [Experience the Y Sports difference](#) where we emphasize each participant's active engagement through high repetitions and inclusive activities. Join us for an unforgettable fall at the Y. Your teammates are waiting!

Preschool: Sports Club, Basketball, Soccer, Tumbling, Dance

Elementary Age: Karate, Soccer, Basketball, Dance, Cheer/Poms

Middle School: Karate, Volleyball, Basketball

Adult: Pickleball Skills Clinic, Pickleball League

Member and community-wide registration is now open.
No programming on April 25.

Register at bit.ly/mcgawsports

or over the phone or in-person at the YMCA front desk during any operating hours.



Scan Me

MCGAW YMCA
1000 Grove Street,
Evanston, IL 60201
www.mcgawymca.org

QUESTIONS?
sports@mcgawymca.org
847-475-7400 option 1

Preschool Sports (ages 3-6 years)



Parent/Child Martial Arts (ages 3-5) - [Register here!](#)

Tuesdays from 5:20-6:00pm • Family Membership \$123, Youth Program Perks Pass \$133, Non-Members \$180

Fun and positive energy abound, as children fall in love with martial arts through basic techniques like punches, kicks and blocks. Parents/guardians support age-appropriate participation and concentration in class, celebrating as youth grow in developing gross motor skills, balance and coordination. Structured setting emphasizes following instructions, respect for peers and instructor, and instilling best-effort character traits. No uniform needed.

Soccer Skills Academy + Games (ages 3-5) - [Register here!](#)

Wednesdays from 5:20-6:00pm • Family Membership \$123, Youth Program Perks Pass \$133, Non-Members \$180

Experienced instructors introduce children to the game of soccer using an age-appropriate curriculum with activities and games designed to increase physical, cognitive and social/emotional development including balance, body awareness, coordination and listening skills. Each session includes a warm-up, character topic, designated skill focus and concludes with a coached scrimmage or fun, tactical game-like activity to spark the thrill of teamwork, game time and scoring. Preschool Soccer Skills Academy + Games is the perfect introduction to organized sports play.

Basketball Skills Academy + Games (ages 4-6) - [Register here!](#)

Saturdays from 12:35-1:15pm • Family Membership \$110, Youth Program Perks Pass \$120, Non-Members \$162

Experienced instructors introduce children to the game of basketball using an age-appropriate curriculum with activities and games designed to increase physical, cognitive and social/emotional development including balance, body awareness, coordination and listening skills. Each session includes a warm-up, character topic, designated skill focus and concludes with a coached scrimmage or fun, tactical game-like activity to spark the thrill of teamwork, game time and scoring. Preschool Basketball Skills Academy + Games is the perfect introduction to organized sports play.

Tumbling (ages 3-5) - [Register here!](#)

Sundays from 9:55-10:35am • Family Membership \$110, Youth Program Perks Pass \$120, Non-Members \$162

Flex your skills as you tumble, flip and roll into our popular program offering for energetic youth. This foundational class combines direct instruction and circuit work to promote skill development, individual attention, and constant motion and engagement throughout the class. Children will improve balance, coordination, strength and social skills through a progressive curriculum designed to build an athletic foundation from an early age.

Creative Dance (ages 3-5) - [Register here!](#)

Sundays from 11:50-12:30pm • Family Membership \$110, Youth Program Perks Pass \$120, Non-Members \$162

Move and groove into this great first introduction to dance in a fun, safe environment. Children will learn fundamental dance steps through games, interactive songs and imaginative activities. Learn, laugh and explore while improving coordination, gross motor skills, spatial awareness, rhythm and listening skills in a structured setting. Credentialed YMCA professional dance instructors set "fun" as the foundation for a lifelong appreciation for dance and the arts.

NEW! Sports Club (ages 3-5) An exciting upgrade to Sports of All Sorts! - [Register here!](#)

Tuesdays from 5:20-6:00pm, Saturdays from 10:30-11:10am OR Sundays from 10:45-11:25am

Family Membership \$59/month, Youth Program Perks Pass \$64/month, Non-Members \$87/month

Learn a variety of sports including soccer, basketball, flag football, tee-ball and more in this feature exploratory sports program. A new sport is in focus each month. Parents, benefit from a set schedule and routine in this school year-long program. Simply choose a Sports Club time and lock it into your calendar for the year.

[Visit bit.ly/mcgawsportsclub](http://bit.ly/mcgawsportsclub) for full details on this unique opportunity!

CONFIDENT KIDS, SAFE COMMUNITIES!

- Connect with McGaw YMCA group or private swim lessons, too! Over 1,000 enrolled!

DID YOU KNOW?

- Family membership at the Y comes with free family swim, family gym, family fun nights, weekend babysitting, financial assistance opportunities, special events and more.

Elementary Age Sports (Grades K-5)



Karate (ages 5-13) - [Register here!](#)

Tuesdays from 6:00-7:00pm OR Saturdays from 10:00-11:00am

Family Membership \$179, Youth Program Perks Pass \$189, Non-Members \$249

Karate is a strategy for self-defense, as well as an individual performance sport that tests balance, coordination, and physical and mental strength. McGaw YMCA instructor Darius Prewitt brings 35 years of martial art instruction, providing a safe and ethical training that adheres to the values of discipline, personal growth and respect for others. No uniform needed.

Soccer Skills Academy + Games (Grades K-1) - [Register here!](#)

Wednesdays from 6:05-7:00pm • Family Membership \$163, Youth Program Perks Pass \$173, Non-Members \$240

+ Games programming adds 30 minutes of a coached scrimmage or fun, tactical game-like activities to the second half of each session to combine healthy competition with optimal developmental opportunities. The Beginner Soccer Skills Academy helps youth learn and hone fundamentals to feel confident in game play. Each session includes a warm-up, character topic, designated skill focus, tactical development and integration of the session's lessons into game play.

Basketball Skills Academy Beginner and Intermediate (Grades K-1, 2-3 and 4-5) - [Register here!](#)

Thursdays from 5:10-6:05pm (K-5) OR Saturdays from 10:00-10:55am (K-3)

Family Membership \$163, Youth Program Perks Pass \$173, Non-Members \$240

The McGaw YMCA Beginner and Intermediate Basketball Skills Academy helps youth learn and hone fundamentals to feel confident in game play. Experience the Y Sports difference where we emphasize each participant's time with the ball, high repetitions and inclusive game play. Each session will include a warm-up, character topic, designated skill focus, tactical development and integration of the session's lessons into game play. The skills academies are led by seasoned instructors utilizing the newly enhanced Jr. NBA instructional curriculum.

Basketball League - Instructional (Grades K-1 and Grades 2-3) - [Register here!](#)

Saturdays from 12:15-1:15pm (Grades K-1)

Sundays from 1:30-2:30pm (Grades 2-3)

Family Membership \$163, Youth Program Perks Pass \$173, Non-Members \$240

Records quickly fade, but kids who play sports hold onto the memories and benefits for a lifetime. Y Sports programs place priority on skill development, healthy competition, team building, fair play and creating a positive self-image. As our flagship program, the YMCA Basketball League is led by qualified adult staff coaches. Experience the benefits of the Y's rich basketball history in our safe, values-based environment. Program features a 30-minute practice, immediately followed by a full game.

Cheer/Poms (ages 5-10) - [Register here!](#)

Sundays from 10:50-11:40am • Family Membership \$110, Youth Program Perks Pass \$120, Non-Members \$162

This high-energy class has it all - combining various dance styles and techniques through showmanship and choreographed routines inside your tight-knit "squad" community. Incorporate jazz, hip-hop, pom and sideline cheerleading as you jump, turn and kick in a synchronized, spirited format emphasizing teamwork and self-confidence. Session will conclude with a group performance. Join credentialed YMCA professional instructors!

Hip-Hop Dance (ages 6-10) - [Register here!](#)

Sundays from 12:40-1:30pm • Family Membership \$110, Youth Program Perks Pass \$120, Non-Members \$162

Step outside the box in this fun, inventive style done to popular music. Learn a series of energetic hip-hop steps while allowing your creativity and personality to shine through basic technique, tricks and routines in this fast-paced dance class popular for all genders. Improve rhythm, coordination, strength and conditioning. Always a youth favorite in imitating the moves of media celebrities, hip-hop is a huge hit for youth who do not like to be held back with too many rules. Enjoy what moves you with credentialed YMCA professional dance instructors!

HIP, HIP HOORAY: IT IS HEALTHY KIDS DAY! FREE COMMUNITY EVENT

Join us as we celebrate national YMCA Healthy Kids Day on Saturday, April 25 from 2:00-5:00pm. Bounce houses, family swim, dance party, movie, crafts and more. Special water safety clinics, camp-a-palooza fun and community vendors!