



# GET YOUR GAME ON FALL YOUTH SPORTS LEAGUES

August 10–October 31

## REGISTER EARLY AND SAVE

**Before August 3**  
\$125 Facility Members  
\$185 Community Members

**After August 3**  
\$135 Facility Members  
\$200 Community Members

## NFL FLAG FOOTBALL

**LEAGUE DATES:**  
August 12– October 31

**CO-ED AGE DIVISIONS:**  
4–6 years old  
7–9 years old  
10–12 years old  
13–14 years old

**CLINICS, PRACTICES, AND GAMES**  
Clinics will be held the week of August 10. Practices will begin the week of August 17.

Games will be played at the C.W. Avery Family YMCA primarily on Friday evenings/Saturday mornings beginning the week of September 7. Occasional games may be held on weeknights. All teams will play at least 8 games.

\*All divisions will also play games against Joliet Community YMCA, Village of Shorewood YMCA, and Morris Hospital YMCA teams at locations in Joliet, Shorewood, and Morris.

### OFFICIAL NFL FLAG FOOTBALL GEAR

All participants will receive an NFL jersey and flag belt. Mouthguards are required and gloves are recommended. Rubber cleats are recommended, but gym shoes are also allowed. Metal cleats are not allowed. Participants are asked to wear pants/shorts that do not have pockets while competing in games.

TO REGISTER, SCAN HERE



## SOCCER

Preschool, Grades K–6

**Preschool/Kindergarten**  
Introduces children to the game of soccer.

**Grades 1–2**  
Players begin to learn more than just the basics of soccer.

**Grades 3–6**  
A more competitive league for our older players.

**Uniforms:** All participants will receive a soccer t-shirt and socks for games.

**Preseason Clinics**  
Clinics will be held at the C.W. Avery Family YMCA and are available to all registered Youth Soccer participants at no extra cost. Pre-registration is requested.

**Preschool–Kindergarten**  
Tuesday, August 11 5:15–6:15 p.m.

**Grades 1–2**  
Tuesday, August 11 6:30–7:30 p.m.

**Grades 3–4**  
Wednesday, August 12 6:30–7:30 p.m.

**Grades 5–6**  
Wednesday, August 12 6:30–7:30 p.m.

**PRACTICES**  
Practices start the week of August 17.

**GAMES**  
Games will begin the week of September 7. All games will be played at the C.W. Avery Family YMCA in Plainfield. All teams will play 8 games.

TO REGISTER, SCAN HERE



**If you have any questions about Youth Fall Sports Leagues, please contact:**

Maria Freeh, Sports Director  
Email: mfreeh@jolietymca.org  
Phone: (815) 782–0516



## T-Ball

**CO-ED AGE DIVISIONS:**  
3–4 years old  
5–6 years old

**PRESEASON CLINIC**  
Clinic will be held at the C.W. Avery Family YMCA and are available to all registered players at no extra cost.  
Monday, August 10 5:15–6:15 p.m.

**PRACTICES AND GAMES**  
Practices will be held beginning the week of August 17. One practice per week.

Games will be played at the C.W. Avery Family YMCA primarily on Friday evenings/Saturday mornings beginning the week of September 7. Occasional games may be held on weeknights. All teams will play at least 8 games.

**Uniforms:** Players will be provided a hat, jersey, and socks.

## COACH PITCH BASEBALL

**CO-ED**  
7–8 years old

**PRESEASON CLINIC**  
Clinic will be held at the C.W. Avery Family YMCA and are available to all registered players at no extra cost.  
Monday, August 10 6:30–7:30 p.m.

**PRACTICES AND GAMES**  
Practices will be held beginning the week of August 17. One practice per week.

Games will be played at the C.W. Avery Family YMCA primarily on Friday evenings/Saturday mornings beginning the week of September 7. Occasional games may be held on weeknights. All teams will play at least 8 games.

**Uniforms:** Players will be provided a hat, jersey, and socks.

TO REGISTER, SCAN HERE



**C.W. AVERY FAMILY YMCA**  
15120 Wallin Drive | Plainfield, IL 60544  
(815) 267–8600 | www.jolietymca.org





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EVERYBODY DANCE NOW

## Illuminate Sideline Dance Program

Illuminate is designed for co-ed youth dancers of all skill levels in grades K–8 who love to move, perform, and be part of a team. Participants will learn dynamic choreography that blends pom, jazz, and hip-hop from experienced YMCA dance instructors, all while building confidence, coordination, and teamwork in a fun and supportive environment. Dancers will showcase their skills by performing high-energy sideline routines at YMCA youth flag football and basketball games throughout the fall, winter, and spring seasons.

### LEARN MORE

To learn more, please contact Health, Wellness, and Dance Director Kristen Derengowski at (815) 267-8600, ext. 224 or via email at [kderengowski@jolietyymca.org](mailto:kderengowski@jolietyymca.org).

### REGISTER TODAY

Registration for Illuminate's fall season is now underway. Team members will practice once per week and perform during YMCA NFL FLAG football games. Practices will begin the week of August 17 and will be held on weeknights at the C.W. Avery Family YMCA. Game day performances will primarily take place on Friday evenings and Saturday mornings beginning the week of September 7. The outdoor fall season will run through late October.

SCAN THE QR CODE  
TO REGISTER



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**ILLUMINATE**  
YMCA Sideline Poms Dance