



Youth Sports Spring Programming 2024

Junior Karate

- Member: \$100 Public: \$150
- Open to everyone from ages 5-12 at the Downtown YMCA
- Class is held Monday-Thursday at 5:30 p.m., with the exception of only advanced karate students with green belts and above (or with the instructor's permission) may attend Wednesday classes.
- Students will learn Traditional Okinawan Goju Ryu karate and practical self-defense in this program. Over time, coordination will improve along with self-confidence, discipline, and self-respect. This class incorporated blocks, kicks, throws, punches, and ages appropriate combat and self-defense techniques.
- A student's rank will be earned by testing based on hard work, effort, and the ability to meet the requirements for each rank. Classes are taught by tenured instructors and senior students who are ranked and recognized through the National Okinawan Goju Ryu Organization.

Baseball

- Member: \$85 Public: \$100
- Open to ages 3-8 years
- All games will be played on Tuesday or Thursday evening at 6:00 p.m. at the University of Illinois at Springfield Softball Fields. There will be one practice per week scheduled by the volunteer coach.
- Equipment needed: glove, athletic shoes or rubber cleats, batting helmet, and bat. The YMCA will have some bats and helmets available for use during the games.

Belt Testing

- For more information on testing, see the front desk for registration and pricing. Participants need to schedule a time and location with an instructor.