



# North Region Sports Programs Schedule

Shoreview, White Bear, Maplewood, Forest Lake

2025 Session 1, January 13 - March 9

## SPORTS PROGRAMS

### LEAGUES

LEAGUES let kids take their skills to the next level and experience positive competition. Age-based offerings vary by session and by sport. Youth Leagues consist of organized practices and team contests. Each team will focus on skill development, practice and teamwork while preparing for games or meets. The fun isn't just for kids- high school and adult leagues are available too!

*Note: a structured game or meet schedule will be developed and issued the second week of the session on Friday.*

### CLASSES

In CLASSES, kids will meet weekly to develop their skills through a variety of age appropriate skill drills and team-building exercises. Each session kicks off with a focus on skill development and advances to teamwork concepts which may include light scrimmaging and positive competition. Trained YMCA staff leads each class with help from qualified volunteers. At the end of the session, each age level will have acquired specific skill outcomes needed to advance to the next level of skill development.

### SCHOOL'S OUT SPORTS CAMPS

At SCHOOL'S OUT SPORTS CAMPS, kids come to the Y to learn new sports, build sports skills and have fun playing, on days when school is not in session. Kids build the positive relationships that lead to good sportsmanship and teamwork. Ages vary by location.

### CLINICS

CLINICS let kids try out a sport they're curious to explore in a no-pressure environment. Come test out something new, or learn more about your favorite sports. Clinics are available for a variety of sports and are offered at different locations and dates throughout the year.

## YOUTH LEAGUES starting week of January 13

## Games/meets take place starting Week 3

### BASKETBALL

<b>Girls Grades 1 - 2 at Shoreview YMCA</b> Games/meets take place on Saturdays	Mon 5:45 pm to 6:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 1 - 2 at Shoreview YMCA</b> Games/meets take place on Saturdays	Mon 5:45 pm to 6:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 1 - 2 at White Bear Area YMCA</b> Games/meets take place on Saturdays	Mon 5:45 pm to 6:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 1 - 2 at Maplewood YMCA Community Center</b> Games/meets take place on Saturdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 1 - 2 at Maplewood YMCA Community Center</b> Games/meets take place on Saturdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 1 - 2 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Tue 5:45 pm to 6:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 1 - 2 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Tue 5:45 pm to 6:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 1 - 2 at White Bear Area YMCA</b> Games/meets take place on Saturdays	Wed 5:45 pm to 6:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 3 - 4 at Shoreview YMCA</b> Games/meets take place on Saturdays	Mon 6:45 pm to 7:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 3 - 4 at Shoreview YMCA</b> Games/meets take place on Saturdays	Mon 6:45 pm to 7:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 3 - 4 at White Bear Area YMCA</b> Games/meets take place on Saturdays	Mon 6:45 pm to 7:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 3 - 4 at Maplewood YMCA Community Center</b> Games/meets take place on Saturdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 3 - 4 at Maplewood YMCA Community Center</b> Games/meets take place on Saturdays	Tue 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 3 - 4 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Tue 6:45 pm to 7:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 3 - 4 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Tue 6:45 pm to 7:45 pm	\$119 member / \$149 non-member

REGISTRATION BEGINS DECEMBER 17, 2024

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*Class availability varies by location. Schedules subject to change. Please visit [ymcanorth.org](http://ymcanorth.org) for updated class listings.*

<b>Girls Grades 3 – 4 at White Bear Area YMCA</b> Games/meets take place on Saturdays	Wed 6:45 pm to 7:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 5 – 6 at Shoreview YMCA</b> Games/meets take place on Saturdays	Mon 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 – 6 at Shoreview YMCA</b> Games/meets take place on Saturdays	Mon 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 – 6 at White Bear Area YMCA</b> Games/meets take place on Saturdays	Mon 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 5 – 6 at Maplewood YMCA Community Center</b> Games/meets take place on Saturdays	Tue 5:30 pm to 6:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 – 6 at Maplewood YMCA Community Center</b> Games/meets take place on Saturdays	Tue 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 5 – 6 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Tue 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 5 – 6 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Tue 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 5 – 6 at White Bear Area YMCA</b> Games/meets take place on Saturdays	Wed 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 7 – 8 at Shoreview YMCA</b> Games/meets take place on Saturdays	Mon 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 7 – 8 at Shoreview YMCA</b> Games/meets take place on Saturdays	Mon 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 7 – 8 at White Bear Area YMCA</b> Games/meets take place on Saturdays	Mon 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 7 – 8 at Maplewood YMCA Community Center</b> Games/meets take place on Saturdays	Tue 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>Boys Grades 7 – 8 at Maplewood YMCA Community Center</b> Games/meets take place on Saturdays	Tue 6:30 pm to 7:30 pm	\$119 member / \$149 non-member
<b>Girls Grades 7 – 8 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Tue 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Boys Grades 7 – 8 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Tue 7:45 pm to 8:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 7 – 8 at White Bear Area YMCA</b> Games/meets take place on Saturdays	Wed 7:45 pm to 8:45 pm	\$119 member / \$149 non-member

## VOLLEYBALL

<b>Girls Grades 5 – 6 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Mon 6:45 pm to 7:45 pm	\$119 member / \$149 non-member
<b>Girls Grades 7 – 8 at Forest Lake YMCA</b> Games/meets take place on Saturdays	Mon 6:45 pm to 7:45 pm	\$119 member / \$149 non-member

*Boys and Girls Leagues may be combined in cases of low registration.*

## ADULT & HIGH SCHOOL LEAGUES starting week of January 13

### VOLLEYBALL

<b>Women's League at Maplewood YMCA Community Center</b> <i>Recreational</i>	Wed 6:00 pm to 9:00 pm	\$400 team / \$65 individual
<b>Women's League at Maplewood YMCA Community Center</b> <i>Competitive</i>	Wed 6:00 pm to 9:00 pm	\$400 team / \$65 individual

## CLASSES

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## CLASSES

### RACKET SPORTS

#### Pickleball Class: Beginner

Maplewood YMCA Community Center	Tue 9:00 am to 10:00 am	\$74 member / \$95 non-member
Class meets 7 times starting January 7		

#### Pickleball Class: Intermediate

Maplewood YMCA Community Center	Tue 10:00 am to 11:00 am	\$74 member / \$95 non-member
Class meets 7 times starting January 7		

### SOCCER

#### Soccer Class: ages 7-8

Shoreview YMCA	Mon 5:45 pm to 6:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

White Bear Area YMCA	Mon 5:45 pm to 6:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

#### Soccer Class: ages 9-10

Shoreview YMCA	Mon 6:45 pm to 7:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

White Bear Area YMCA	Mon 6:45 pm to 7:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

#### Soccer Class: ages 11-12

Shoreview YMCA	Mon 7:45 pm to 8:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

White Bear Area YMCA	Mon 7:45 pm to 8:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

#### Soccer Class: ages 13-14

Shoreview YMCA	Mon 7:45 pm to 8:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

White Bear Area YMCA	Mon 7:45 pm to 8:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

### VOLLEYBALL

#### Volleyball Class: grades 1-2

Forest Lake YMCA	Mon 5:45 pm to 6:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

#### Volleyball Class: grades 3-4

Forest Lake YMCA	Mon 5:45 pm to 6:45 pm	\$84 member / \$109 non-member
Class meets 8 times starting January 13		

### PROGRAM LOCATIONS

<b>Forest Lake YMCA</b>			
19845 Forest Rd N	Forest Lake	MN	55025
<b>Maplewood YMCA Community Center</b>			
2100 White Bear Ave N	Maplewood	MN	55109

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**Shoreview YMCA**

3760 Lexington Ave N

Shoreview

MN

55126

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**White Bear Area YMCA**

2100 Orchard Ln

White Bear Lake

MN

55110

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