



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUN, PASS, CATCH, & SCORE FLAG FOOTBALL



YOUTH FALL FLAG FOOTBALL YMCA OF GREATER DES MOINES

As the nation's leading nonprofit for youth development and healthy living, the Y provides kids, families and communities the vital support and opportunities to learn, connect, and thrive. Flag Football is just one example of how our youth, volunteers, and staff come together to better our community and provide positive experiences for our youth. We believe that kids who have fun playing sports build a lifetime love of healthy competition.

Ages

Y-Rookies Clinics: Preschool: 3-4 year olds

Y-Rookies League: Kindergarten: 5-6 year olds

1st—8th Grade Leagues: 1st & 2nd grade | 3rd & 4th grade | 5th & 6th grade | 7th & 8th grade

When/Where

Y-Rookie Clinic/League: September 7 - October 12 (6 weeks)

Clinic/Games are held Saturday mornings at a location in the western suburbs

Program will be held in the afternoon on Sunday, September 15 due to the Iowa/ISU game (no games September 14)

**Preschool will begin with 2 weeks of clinics and transition into 4 weeks of games.*

**Kindergarten teams will play 6 games starting September 7 and will be allowed to practice during the week*

Leagues: September 7 - October 19 (7 weeks/at least 8 games)

1st & 2nd Grade League games are played on Saturday mornings/early afternoon at a location in the western suburbs

3rd-8th Grade League games are played Saturday mornings/early afternoon at a location in the western suburbs

- There will be one practice per week beginning the week of September 2

Program will be held in the afternoon on Sunday, September 15 due to the Iowa/ISU game (no games September 14)

**This includes 6 weeks of league & 1 week of Bowl Games (October 19)*

**The time and location of practice will be determined by the coach. All players receive a mouthpiece.*

Registration Information

Registration begins June 1, and may be done online at www.dymca.org, at the Welcome Center or by calling 987-9996 (press 0).

The registration deadline is **Monday, August 19th.**

Rates

Y-Rookies Clinics/League: \$54 members/\$74 non-members

1st-8th Grade Leagues: \$74 members/\$89 non-members

Early Bird Special! Register before June 23 and save \$10!

Any registration taken after August 19th will be charged \$10 late fee

This is not a Waukee Community School District publication. It is being distributed through the school district as a community service of the district to inform you of other community activities or services available.

\$15 All Sports Jersey

*Required to participate

WAUKEE FAMILY YMCA

Program Contact: Jeff Lauridsen, Sports Coordinator

210 N. Warrior Ln. Waukee, IA 50263

P 515-868-0510 www.dymca.org