

YOUTH SPORTS

YEAR-AT-A-GLANCE 2026



SPORT	SEASON	AGE/GRADE	REG. PERIOD
Rookie Basketball	Jan. 10 - Feb. 21	Age 3-4	Nov. 1 - Dec. 29
NFL Flag Football	Mar. 2 - May 2	Age 5-17	Nov. 8 - Feb. 1
Girls Flag Football	Mar. 2 - May 2	Grade K-12	Nov. 8 - Feb. 1
Volleyball	Mar. 9 - May 9	Grade 3-12	Nov. 15 - Feb. 8
Boys Volleyball	Mar. 9 - May 9	Grade 3-12	Nov. 15 - Feb. 8
Volleyball Clinic	Mar. 28 - May 2	Grade 1-2	Nov. 15 - Mar. 8
Outdoor Soccer	Mar. 30 - Jun. 6	Age 5-13	Nov. 1 - Mar. 1
Rookie Outdoor Soccer	Apr. 11 - May 16	Ages 3-4	Jan. 11 - Mar. 22
Basketball	Apr. 20 - Jun. 20	Age 5-Gr. 10	Jan. 11 - Mar. 22
Rookie T-ball	Jun. 15 - Jul. 30	Age 3-4	Feb. 2 - May 18
T-ball/Coach Pitch	Jun. 15 - Jul. 30	Age 4-8	Feb. 2 - May 18
Basketball	Jul. 6 - Aug. 21	Grade 3-9	Mar. 7 - Jun. 7
Summer Sports Clinics	Jul. 6 - Aug. 21	Age 7-Grade 12	Mar. 2 - Aug. 14
NFL Flag Football	Aug. 31 - Nov. 7	Age 5-17	May 1 - Aug. 2
Girls Flag Football	Aug. 31 - Nov. 7	Grade K-12	May 1 - Aug. 2
Outdoor Soccer	Aug. 31 - Oct. 31	Ages 5-13	Jun. 1 - Aug. 2
Volleyball	Sep. 8 - Nov. 14	Grade 3-12	May 8 - Aug. 9
Boys Volleyball	Sep. 8 - Nov. 14	Grade 3-12	May 8 - Aug. 9
Rookie Outdoor Soccer	Sep. 12 - Oct. 17	Ages 3-4	Jun. 1 - Aug. 16
Volleyball Clinic	Sep. 26 - Nov. 7	Grade 1-2	May 8 - Sep. 14
Indoor Soccer	Nov. 7 - Dec. 19	Age 5-10	Sep. 7 - Oct. 12
Rookie Indoor Soccer	Nov. 7 - Dec. 19	Age 3-4	Sep. 7 - Oct. 12
Basketball	Nov. 30 - Mar. 6	Age 5 -Grade 10	Jul. 1 - Nov. 1

WINTER

SPRING

SUMMER

FALL

WINTER

Volunteers coaches needed!
Please visit,
ymca-snoco.org/volunteer

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