



YMCA Lightning Basketball League



September 19 - December 12, 2016

The YMCA Lightning Basketball Leagues will provide players aged 8-16 an opportunity to improve their fundamental skills and develop their basketball potential. If you want to take your game to new levels, have fun and learn from experienced basketball coaches, then the YMCA Lightning Basketball Leagues are for you!

Includes:

- 90 min skills and drills and game time each week
- Two tournaments with prizes
- Reversible Lightning tournament jersey
- Two tickets to a London Lightning game
- Progress reports from coaches

Session:
Sept 19-Dec 12, 2016

Leagues:
Freshmen - Ages 8-10
Junior - Ages 11-13
Senior - Ages 14-16

Fee:
\$90 for members and season ticket holders.
\$160 for non-members
Financial Assistance is available – please inquire during registration.

Registration:
Please complete your registration by contacting your branch or register online at ymcawo.ca

	Centre Branch YMCA 382 Waterloo St 519-667-3300	Stoney Creek YMCA Mother Theresa Secondary School 519-667-4400	Strathroy-Caradoc YMCA TBD 519-245-6075	Bob Hayward YMCA 1050 Hamilton Rd 519-451-2395	Middlesex Centre Wellness & Recreation Complex 1 Tunks Lane 519-601-7033	Family YMCA of St. Thomas-Elgin Central Elgin Collegiate Institute 519-631-2418
Freshmen 8-10 years	Sunday 1:00-2:30pm	Sunday 12:30-2:00pm	Wednesday 6:00-7:30pm	Monday 5:00-6:30pm	Sunday 12:00-1:30pm	Tuesday 7:00-8:30pm
Junior 11-13 years	Monday 6:30-8:00pm	Sunday 2:00-3:30pm	Wednesday 7:30-9:00pm	Monday 6:30-8:00pm	Sunday 1:30-3:00pm	Tuesday 7:00-8:30pm
Senior 14-16 years	Monday 6:30-8:00pm	Sunday 2:00-3:30pm				