



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET IN THE GAME

## 2025 Youth Sports Calendar SACRAMENTO CENTRAL YMCA

### Throughout the Year Esports & Esports Jr

**Games:** Summer and Winter seasons. Watch for more info.

**Esports Jr:** Ages 6-9 years old.

**Esports:** Ages 10-14 years old.

**Platform:** Nintendo Switch (personal Switch not required)

**Coached by qualified staff**  
**All league play in person at the Y.**



[www.ymcasuperiorcal.org/esports](http://www.ymcasuperiorcal.org/esports)

### Winter

#### Basketball

**Games:** Saturdays, January 18th - March 8th.

**Ages:** Age 4 to 9th grade, must be 4 by January 6th.

**Registration:** Opens Oct 11 for Members & Oct 18 for Community.

### Summer

#### Basketball

**Games:** Saturdays, June 21st - August 9th.

**Ages:** Age 4 to 9th grade, must be 4 by June 9th.

**Registration:** Opens March 15 for Members & March 22 for Community.

### Fall

#### Basketball

**Games:** Saturdays, October 4th - November 15th.

**Ages:** Age 4 to 9th grade, must be 4 by September 22nd.

**Registration:** Opens June 28 for Members & July 5 for Community.

### Spring

#### Peewee Soccer

**Games:** Saturdays, April 5th - May 17th.

**Ages:** 3 to 6 years-old, must be 3 by March 24th.

**Registration:** Opens Jan. 1 for Members & Jan. 8 for Community.

#### Flag Football

**Games:** Saturdays, March 22nd - May 17th.

**Ages:** 5 to 13 years-old.

**Registration:** Opens Jan. 1 for Members & Jan. 8 for Community.

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[ymcasuperiorcal.org/youthsportsleagues](http://ymcasuperiorcal.org/youthsportsleagues)

#### Volleyball

**Games:** Sundays, September 7th to October 26th.

**Ages:** 9 to 15 years-old.

**Registration:** Opens June 1 for Members and June 8 for Community.

#### Dodgeball

**Games:** Tuesdays, November 25th - December 16th.

**Ages:** 1st through 7th grades.

**Registration:** Opens August 19 for Members & August 26 for Community.

*All dates are subject to change. Please check the website regularly for the most up-to-date information regarding schedules and registration.*

**SACRAMENTO CENTRAL YMCA  
YMCA of SUPERIOR CALIFORNIA  
2021 W St, Sacramento Ca 95818  
916.452.9622**



# 2025 Session Schedule

## January

S M T W T F S

1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

## February

S M T W T F S

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28

## March

S M T W T F S

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30 31

## April

S M T W T F S

1 2 3 4 5

6 7 8 9 10 11 12

13 14 15 16 17 18 19

20 21 22 23 24 25 26

27 28 29 30

## May

S M T W T F S

1 2 3

4 5 6 7 8 9 10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31

## June

S M T W T F S

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30

## July

S M T W T F S

1 2 3 4 5

6 7 8 9 10 11 12

13 14 15 16 17 18 19

20 21 22 23 24 25 26

27 28 29 30 31

## August

S M T W T F S

1 2

3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 25 26 27 28 29 30

31

## September

S M T W T F S

1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

## October

S M T W T F S

1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30 31

## November

S M T W T F S

1

2 3 4 5 6 7 8

9 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30

## December

S M T W T F S

1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

## Calendar Key Program Sessions / Weeks

Winter Basketball: Jan 13th - March 8th

Volleyball: Sept 7th - Oct 26th

Flag Football: March 17th - May 17th

Fall Basketball: Sept 29th - Nov 15th

Peewee Soccer: March 31st - May 10th

Dodgeball: Nov 25th - Dec 16th

Summer Basketball: June 16th - Aug 9th

*All dates are subject to change. Please check the website regularly for the most up-to-date information regarding schedules and registration.*