



YMCA Youth Sports Age Chart

Use the column on the left to find your child's birthdate range. The column on the right is your child's age group, or league.

Example: Annie's birthday is Sept. 23, 2010. She registers for a U9 age group.

Occasionally the YMCA combines age groups. A U9 – U10 age group may display as U10 in our online registration system.

| Player Birth Date Range | Age Group |
|--------------------------------|------------------|
| Aug. 1, 2015 – July 31, 2016 | U4 |
| Aug. 1, 2014 – July 31, 2015 | U5 |
| Aug. 1, 2013 – July 31, 2014 | U6 |
| Aug. 1, 2012 – July 31, 2013 | U7 |
| Aug. 1, 2011 – July 31, 2012 | U8 |
| Aug. 1, 2010 – July 31, 2011 | U9 |
| Aug. 1, 2009 – July 31, 2010 | U10 |
| Aug. 1, 2008 – July 31, 2009 | U11 |
| Aug. 1, 2007 – July 31, 2008 | U12 |
| Aug. 1, 2006 – July 31, 2007 | U13 |
| Aug. 1, 2005 – July 31, 2006 | U14 |
| Aug. 1, 2004 – July 31, 2005 | U15 |