



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH SPORTS PROGRAM SCHEDULE

**WINTER SESSION: 2/25 – 4/21**

## SUNDAYS

- 9:00–10:00 am My Grown Up and ME Soccer / Ages 2–3 (Gym/TBD) **NEW!**
- 10:00–11:00 am Little Kickers Soccer / Ages 3–4 (Gym/TBD) **NEW!**
- 11:00–12:00 pm Peewee Soccer / Ages 5–7 (Gym/TBD) **NEW!**

## MONDAYS

- 4:00–5:00 pm Beginner Gymnastics / Ages 6–8 (Gym/Ray)
- 5:00–6:00 pm Beginner Gymnastics / Ages 7–12 (Gym/Ray)
- 6:00–7:00 pm Adv. Beginner Gymnastics / Ages 6–12 (Gym/Ray)

## TUESDAYS

- 3:00–3:55 pm Beginner Basketball / Ages 7–14 (Gym/Beau) **NEW and IMPROVED!**
- 4:00–4:55 pm Intermediate Basketball / Ages 7–14 (Gym/Beau) **NEW and IMPROVED!**
- 5:00–5:55 pm Advanced Basketball / Ages 7–14 (Gym/Beau) **NEW and IMPROVED!**

## WEDNESDAYS

- 4:00–5:30 pm Intermediate Gymnastics / Ages 8–14 (Gym/Ray)
- 5:00–6:30 pm Advanced Int. Gymnastics / Ages 8–14 (Gym/Ray)
- 5:00–7:00 pm Gymnastics Club / Ages 10–17 (Gym/Ray)

## THURSDAYS

- 4:30–5:30 pm Beginner Gymnastics / Ages 6–8 (Gym/Ray)

## FRIDAYS

- 4:00–5:30 pm Intermediate Gymnastics / Ages 8–14 (Gym/Ray)
- 5:00–6:30 pm Advanced Int. Gymnastics / Ages 8–14 (Gym/Ray)
- 5:00–7:00 pm Gymnastics Club / Ages 10–17 (Gym/Ray)



## REGISTRATION

Members: February 9  
Community: February 16

\*Registration required for  
Youth Sports classes.

PROSPECT PARK YMCA 357 NINTH STREET, BROOKLYN, 718-768-7100

# YOUTH SPORTS PROGRAMS



## Beginner Basketball

**Members: \$130, Community Fee: \$185**

This is your introduction to basketball! Children will learn the beginning fundamentals of the sport; simple dribbling patterns, passing drills, and basic foot work skills.

## Intermediate Basketball

**Members: \$130, Community Fee: \$185**

This class focuses on building and growing the skills learned at the beginner level, especially on improving their dribbling skills, shot selection, and shot making. At this stage, children will learn new basketball terminology, prepare for in game situations, as well as build strength, stamina, and endurance .

## Advanced Basketball

**Members: \$130, Community Fee: \$185**

The advanced level is a faster paced class. Participants will continue to develop their skills through game situations, and improving reaction time. Drills will be a bit more advanced compared to previous levels. Athletes will be tested at the end of each class on the day's teachings, as well as quizzed while reviewing previous week's lessons.

## My Grown Up & ME Soccer

**Members: \$130, Community Fee: \$185**

This introduction to soccer is for our beginner athletes who want to participate in a class, but need extra assistance from their parent or caregiver. Children will learn the beginning fundamentals of the sport; simple dribbling patterns, passing drills, and basic foot work skills.

## Little Kickers Soccer

**Members: \$130, Community Fee: \$185**

This beginner class will introduce our young athletes to the fundamentals of the sport; simple dribbling patterns, passing drills, and basic foot work skills. Children will build confidence and technique while staying physically active and having fun!

## Peewee Soccer

**Members: \$130, Community Fee: \$185**

Sessions focus on improving soccer skills such as dribbling, passing, shooting, and offensive/defensive schemes. Small-sided matches also give your athlete the in-game experience they need to really learn the game.

## Beginner Gymnastics

**Members: \$150, Community Fee: \$215**

This Co-ed class for children focuses on increased use of apparatus and learning basic gymnastics skills.

## Advanced Beginner Gymnastics

**Members: \$165, Community Fee: \$240 (Ages: 6 years and up)**

This co-ed class focuses on basic floor and apparatus skills, increasing strength and endurance, and preparation for the more rigorous intermediate program.

## Intermediate Gymnastics

**Members: \$230, Community Fee: \$325**

This intermediate gymnastics class builds on skills learned in the previous level, focusing on increasing strength and endurance and involves more complex floor and apparatus skills that include flight movement.

## Advanced Intermediate Gymnastics

**Members: \$230, Community Fee: \$325**

In this level, participants continue to build on apparatus and floor skills learned in the previous level and begin to practice more complex variations and combination movements.

## Gymnastics Club

**Members: \$245, Community Fee: \$345**

Participants who are currently in the advanced intermediate class and who qualify may participate. The club provides a supportive environment for dedicated gymnasts who are eager to progress without the pressures of competition.

**FOR MORE INFORMATION:**

**Emma Isles**

Associate Executive Director

[eisles@ymcanyc.org](mailto:eisles@ymcanyc.org)

212.912.2377