

YOUTH & TEENS SPORTS SCHEDULE



SPRING I SESSION: 2/25 - 4/21

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|--|--|
| Track & Field Ages: 8-12 years 3:00-3:55PM Coach Devonte | Multi-Sport Ages: 4-6 years 3:00PM-3:40PM Coach Devonte | Parent/Child Multi-Sport Ages: 3-4 years 3:15PM-3:55PM Coach Christian | Track & Field Ages: 8-12 years 3:00-3:55PM Coach Josh | Basketball Ages: 8-12 years 3:15-4:10PM Coach Shaq | Parent/Child U3 Soccer Ages: 24-36 mos 8:15-8:45AM Coach Devonte | Flag Football Ages: 5-7 years 9:00-9:55AM Coach Husani |
| Basketball Ages: 4-6 years 3:30PM-4:10PM Coach Christian | Parent/Child Multi-Sport Ages: 3-4 years 3:05PM-3:45PM Coach Marvin | Basketball Ages: 8-12 years 3:15-4:10PM Coach Meghan | Multi-Sport Ages: 4-6 years 3:45-4:10PM Coach Christian | Basketball Ages: 4-6 years 3:30-4:10PM Coach Christian | Track & Field Ages: 4-6 years 9:15-9:55AM Coach Devonte | Tennis Ages: 5-6 years 9:15-9:55AM Coach Hakeem |
| Track & Field Ages: 5-7 years 4:00-4:40PM Coach Devonte | U7 Soccer Ages: 5-7 years 3:45pm-4:25PM Coach Devonte | Speed & Strength Ages: 8-12 years 3:30-4:25PM Coach Hakeem | Speed & Strength Ages: 8-12 years 4:00-4:55PM Coach Josh | Multi-Sports Ages: 4-6 years 4:15-4:55PM Coach Shaq | Parent/Child U4 Soccer Ages: 3-4 years 9:15-9:55AM Coach Hakeem | Track & Field Ages: 4-6 years 9:15-9:55AM Coach Marvin |
| Basketball Ages: 5-7 years 4:15-4:55PM Coach Christian | Track & Field Ages: 5-7 years 3:50-4:30PM Coach Marvin | Basketball Ages: 4-6 years 4:00-4:40PM Coach Christian | Track & Field Ages: 7-9 years 4:30-5:25PM Coach Shaq | Novice Basketball Ages: 7-9 years 4:15-5:10PM Coach Christian | Track Ages: 7-9 years 10:00-10:55AM Coach Devonte | Track & Field Ages: 8-12 years 10:00-10:55AM Coach Marvin |
| Speed & Strength Ages: 8-12 years 4:45-5:40PM Coach Hakeem | Speed & Strength Ages: 8-12 years 4:00-4:55PM Coach Shaq | Speed & Strength Ages: 11-14 years 4:30-5:25PM Coach Hakeem | Basketball Ages: 8-12 years 4:30-5:25PM Coach Christian | Track & Field Ages: 5-7 years 4:40-5:20PM Coach Josh | U5 Soccer Ages: 4-5 years 10:10-10:50AM Coach Hakeem | Flag Football Ages: 7-9 years 10:00-10:55AM Coach Husani |
| Track & Field Ages: 8-12 years 4:45-5:40PM Coach Devonte | U6 Soccer Ages: 4-6 years 4:30pm-5:10PM Coach Devonte | Basketball Ages: 8-12 years 4:45-5:40PM Coach Christian | Speed & Strength Ages: 11-14 years 5:00-5:55PM Coach Josh | Speed & Strength Ages: 8-12 years 5:00-5:55PM Coach Devonte | U6 Soccer Ages: 5-6 years 10:55-11:35AM Coach Hakeem | Tennis Ages: 7-9 years 10:00-10:55AM Coach Hakeem |
| Basketball Ages: 7-9 years 5:00-5:55PM Coach Christian | Track & Field Ages: 8-12 years 4:35-5:30PM Coach Marvin | Track & Field Ages: 7-9 years 4:45-5:40PM Coach Devonte | Track & Field Ages: 8-12 years 5:30-6:25PM Coach Shaq | Basketball Ages: 8-12 years 5:15-6:10PM Coach Christian | Track & Field Ages: 8-12 years 11:00-11:55AM Coach Devonte | Track & Field Ages: 7-9 years 11:00-11:55AM Coach Marvin |
| Speed & Strength Ages: 13-15 years 5:45-6:40PM Coach Hakeem | Speed & Strength Ages: 11-14 years 5:00-5:55PM Coach Shaq | Advanced Basketball Ages: 10-12 years 5:45-6:40PM Coach Christian | Basketball Ages: 10-14 years 5:30-6:25PM Coach Christian | Intermediate Track Ages: 8-12 years 5:25-6:20PM Coach Josh | Speed & Strength Ages: 8-12 years 11:00-11:55AM Coach Josh | Tennis Ages: 8-12 years 11:00-11:55AM Coach Hakeem |
| Track & Field Ages: 10-14 years 5:45-6:40PM Coach Devonte | U11 Soccer Ages: 7-11 years 5:15-6:10PM Coach Devonte | Track & Field Ages: 10-14 years 5:45-6:40PM Coach Devonte | | Teen Basketball Ages: 12-14 years 6:15-7:10PM Coach Christian | U11 Soccer Ages: 7-11 years 11:40-12:35PM Coach Hakeem | Flag Football Ages: 9-11 years 11:00-11:55AM Coach Husani |
| Intermediate Basketball Ages: 9-12 years 6:00-6:55PM Coach Christian | Advanced Track Ages: 9-12 years 5:35-6:30PM Coach Marvin | Advanced Soccer Ages: 8-12 years 6:00-6:55PM Coach Hakeem | | | New Classes | Speed & Strength Ages: 8-12 years 11:00-11:55AM Coach Josh |
| | | | | | All Girls Classes | Speed & Strength Ages: 11-14 years 12:00-12:55PM Coach Josh |

FOR MORE INFORMATION:

Chrissy Baker
Director
Sports & Healthy Lifestyles
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212.912.2586

REGISTRATION

Members: February 9th
Community: February 16th

Registration required for all fee-based classes. To register for an Advanced or Intermediate class, your child must pass the prerequisite or receive approval prior to registering.

U11 Soccer
Ages: 7-11 years
12:00-12:55PM
Coach Hakeem

Flag Football
Ages: 10-13 years
12:00-12:55PM
Coach Husani

Basketball
Ages: 8-12 years
2:00-2:55PM
Coach Husani

Basketball
Ages: 10-14 years
3:00-3:55PM
Coach Husani

YOUTH SPORTS PROGRAMS

Basketball

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

Sessions focus on improving basketball 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.

Advanced classes: Members: \$180, Community Fee: \$235

Flag Football

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

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

Multi-Sports

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

Sessions focus on improving in a variety of sports instead of limiting them to just one. This is an ideal class for those children who do not know their favorite sport, but want to try them all!

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.

Speed & Strength: Sports Conditioning

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

The Y Speed & Strength Academy focuses on developing speed, core, strength, agility, power and coordination through top-quality instruction. Whether you are new to athletics or competing on a travel team, we are here to help you reach your personal fitness and/or athletic goals.

Parent/Child Classes: 24 months – 4 years old

- Multi-Sport, Soccer & Track are all offered at this level
- This level is for our beginner athletes who want to participate in a class, but need extra assistance from their parent or caregiver.
- We strongly recommend parent participation! Don't worry, it will not be TOO strenuous!

Preschool Classes: 4–7 years old

- Multi-Sport, Soccer, Basketball, and Track are all offered at this level
- This level is for all levels who want to participate in a class that will keep them physically active, build their confidence, learn motor skills, and enhance in their sport of choice in a safe, fun, and encouraging environment

Youth Novice

- Soccer, Basketball, and Track are all offered at this level. It is for our beginners, or those who are looking for more skill work!

Youth Intermediate

- Basketball, Track, and Soccer are offered at this level
- This level is for athletes, ages 7–12, that have successfully completed all Youth Novice Level skills or that have moderate experience & approval from the Sports Performance Director to register.

Youth Advanced

- Basketball, and Track are offered at this level, for ages 8–12 years old.
- To register for these classes, the participant must have the coach and Sports & Healthy Lifestyles Director's approval.

Sports Private Lessons

Do you want more individualized attention for your sport of choice? We now offer private sports lessons specific towards your needs. This is for all levels and ages! We also have Semi-Private Lessons. For more information, please see our membership desk!

Tennis

Members: \$160, Community Fee: \$210

We utilize the USTA 10&under Tennis curriculum, which uses youth tennis equipment, but focuses more on fun activities to strengthen eye-hand coordination to make tennis more enjoyable from early on in the learning process. They will learn a variety of skills that will not only help them in tennis, but in other sports as well.

Track & Field

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

If your child is interested in track & field, or they just have a lot of energy to burn, then our track program in our state-of-the-art facility is for you! Our children will learn everything from sprint form and correct relay baton hand-offs to eventually distance running, long jump, and other aspects of track. Depending on the time or day, your child will be utilizing the track, court space, or both.

Advanced classes: Members: \$180, Community Fee: \$235

Please Note: All classes have minimum participant numbers to run efficiently. If a class does not have the minimum required participants by the beginning of the session, classes may be consolidated or cancelled.