

# YOUTH & TEENS SPORTS SCHEDULE



## SUMMER SESSION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Basketball Ages: 4-6 years 3:30PM-4:10PM Coach Christian	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	Multi-Sport Ages: 4-6 years 3:45-4:25PM Coach Christian	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
Track & Field Ages: 5-7 years 4:00-4:40PM Coach Devonte	Parent/Child Multi-Sport Ages: 3-4 years 3:05PM-3:45PM Coach Marvin	Speed & Strength Ages: 8-12 years 3:30-4:25PM Coach Hakeem	Track & Field Ages: 7-9 years 4:30-5:25PM Coach Shaq	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
Basketball Ages: 5-7 years 4:15-4:55PM Coach Christian	U7 Soccer Ages: 5-7 years 3:45pm-4:25PM Coach Devonte	Basketball Ages: 4-6 years 4:00-4:40PM Coach Christian	Basketball Ages: 8-12 years 4:30-5:25PM Coach Christian	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
Speed & Strength Ages: 8-12 years 4:45-5:40PM Coach Hakeem	Track & Field Ages: 5-7 years 3:50-4:30PM Coach Marvin	Speed & Strength Ages: 11-14 years 4:30-5:25PM Coach Hakeem	Track & Field Ages: 8-12 years 5:30-6:25PM 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
Track & Field Ages: 8-12 years 4:45-5:40PM Coach Devonte	Speed & Strength Ages: 8-12 years 4:00-4:55PM Coach Shaq	Basketball Ages: 8-12 years 4:45-5:40PM Coach Christian	Basketball Ages: 10-14 years 5:30-6:25PM Coach Christian	Basketball Ages: 8-12 years 5:15-6:10PM Coach Christian	Basketball Ages: 7-9 years 10:00-10:55AM Coach Christian	Flag Football Ages: 7-9 years 10:00-10:55AM Coach Husani
Basketball Ages: 7-9 years 5:00-5:55PM Coach Christian	U6 Soccer Ages: 4-6 years 4:30pm-5:10PM Coach Devonte	Track & Field Ages: 7-9 years 4:45-5:40PM Coach Devonte			U5 Soccer Ages: 4-5 years 10:10-10:50AM Coach Hakeem	Tennis Ages: 7-9 years 10:00-10:55AM Coach Hakeem
Speed & Strength Ages: 13-15 years 5:45-6:40PM Coach Hakeem	Track & Field Ages: 8-12 years 4:35-5:30PM Coach Marvin	Basketball Ages: 8-12 years 5:45-6:40PM Coach Christian			U6 Soccer Ages: 5-6 years 10:55-11:35AM Coach Hakeem	Track & Field Ages: 7-9 years 11:00-11:55AM Coach Marvin
Track & Field Ages: 10-14 years 5:45-6:40PM Coach Devonte	Speed & Strength Ages: 11-14 years 5:00-5:55PM Coach Shaq				Track & Field Ages: 8-12 years 11:00-11:55AM Coach Devonte	Tennis Ages: 8-12 years 11:00-11:55AM Coach Hakeem
Basketball Ages: 8-12 years 6:00-6:55PM Coach Christian	U11 Soccer Ages: 7-11 years 5:15-6:10PM Coach Devonte				Basketball Ages: 8-12 years 11:00-11:55PM Coach Christian	Flag Football Ages: 9-11 years 11:00-11:55AM Coach Husani
					U11 Soccer Ages: 7-11 years 11:40-12:35PM Coach Hakeem	Basketball Ages: 8-12 years 1:00-1:55PM Coach Husani

### FOR MORE INFORMATION:

**Chrissy Baker**  
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**ASK US ABOUT OUR SPORTS  
PERFORMANCE SUMMER CLINICS!**

**NEW THIS SUMMER: Basketball**

# 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.