

# YOUTH & TEENS SPORTS SCHEDULE



## FALL SESSION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Track & Field Ages: 5-7 years 3:00-3:40PM Coach Hakeem	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 3:00-3:40PM Coach Shaq	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: 7-9 years 3:05PM-4:00PM 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 Megan	Basketball Ages: 8-12 years 3:05-3:45PM 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
Speed & Strength Ages: 8-12 years 3:45-4:40PM Coach Hakeem	U7 Soccer Ages: 5-7 years 3:45pm-4:25PM Coach Devonte	Speed & Strength Ages: 8-12 years 3:30-4:25PM Coach Hakeem	Basketball Ages: 8-12 years 3:15-4:10PM Coach Megan	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
Track & Field Ages: 8-12 years 4:00-4:55PM Coach Erin	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 3:45-4:40PM 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
Novice Basketball Ages: 8-12 years 4:05-5:00PM Coach Christian	Speed & Strength Ages: 8-12 years 4:00-4:55PM Coach Shaq	Track & Field Ages: 8-12 years 4:15-5:10PM Coach Megan	Basketball Ages: 8-12 years 3:50-4:45PM Coach Christian	Track & Field Ages: 5-7 years 4:30-5:10PM Coach Hakeem	U5 Soccer Ages: 4-5 years 10:10-10:50AM Coach Hakeem	Flag Football Ages: 7-9 years 10:00-10:55AM Coach Husani
Speed & Strength Ages: 13-15 years 4:45-5:40PM Coach Hakeem	U6 Soccer Ages: 4-6 years 4:30pm-5:10PM Coach Devonte	Speed & Strength Ages: 11-14 years 4:30-5:25PM Coach Hakeem	Speed & Strength Ages: 11-14 years 4:00-4:55PM Coach Manny	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
Track & Field Ages: 10-14 years 5:00-5:55PM Coach Erin	Track & Field Ages: 8-12 years 4:35-5:30PM Coach Marvin	Basketball Ages: 8-12 years 4:45-5:40PM Coach Devonte	Track & Field Ages: 8-12 years 4:45-5:40PM 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	Speed & Strength Ages: 8-12 years 10:00-10:55AM Coach Elijah
Basketball Ages: 10-14 years 5:05-6:05PM Coach Christian	Speed & Strength Ages: 11-14 years 5:00-5:55PM Coach Shaq	Track & Field Ages: 7-9 years 4:45-5:40PM Coach Shaq	Basketball Ages: 10-14 years 4:50-5:45PM Coach Pat	Intermediate Track Ages: 8-12 years 5:15-6:10PM Coach Hakeem	U11 Soccer Ages: 7-11 years 11:40-12:35PM Coach Hakeem	Track & Field Ages: 7-9 years 11:00-11:55AM Coach Marvin
Track & Field Ages: 10-14 years 6:00-6:55PM Coach Devonte	U11 Soccer Ages: 7-11 years 5:15-6:10PM Coach Devonte	Basketball Ages: 10-14 years 5:45-6:40PM Coach Devonte	Speed & Strength Ages: 10-14 years 5:50-6:45PM Coach Manny	Advanced Basketball Ages: 9-12 years 6:15-7:10PM Coach Christian		Tennis Ages: 8-12 years 11:00-11:55AM Coach Hakeem
	Advanced Track Ages: 9-12 years 5:35-6:30PM Coach Marvin	Track & Field Ages: 10-14 years 5:45-6:40PM Coach Shaq	Intermediate Basketball Ages: 10-14 years 5:50PM-6:45PM Coach Pat			Flag Football Ages: 9-11 years 11:00-11:55AM Coach Husani
					<b>All Girls Classes</b>	Speed & Strength Ages: 11-14 years 11:00-11:55PM Coach Elijah

### FOR MORE INFORMATION:

**Chrissy Baker**  
Director  
Sports & Healthy Lifestyles  
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212.912.2586

### REGISTRATION

**Members: August 17th**  
**Community: August 24th**

\*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.