



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SPORTS PROGRAM SCHEDULE

FALL II SESSION: 10/28 - 12/22

SUNDAYS

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

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/Coach Robert)
- 3:30-4:15 pm Agility, Strength and Conditioning / Ages 12-15 (Gym/Stanley) **NEW!!!**
- 4:00-4:55 pm Intermediate Basketball / Ages 7-14 (Gym/Coach Robert)
- 5:00-5:55 pm Advanced Basketball / Ages 7-14 (Gym/Coach Robert)

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: October 12th
Community: October 19th

*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.

NEW! Agility, Strength and Conditioning

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

This is a new program for teens that will get you where you want to be physically through instruction by a certified trainer! This class will help you build strength, increase speed, maximize power, and improve your overall athletic performance through top quality instruction.

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



FOR MORE INFORMATION:

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