

YOUTH & TEEN SPORTS SCHEDULE



WINTER I SESSION: 1/2 - 2/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Beginner Gymnastics Ages: 6-8 years 4:00-5:00PM Coach Ray, Gym	Beginner Basketball Ages: 7-14 years 3:00-3:55PM Coach Ray M, Gym	Beginner Gymnastics Ages: 6-10 years 4:00-5:00PM Coach Ray, Gym	Agility, Strength & Conditioning Ages: 11-15 years 4:00-4:55PM Trainer: Stanley, Studio B.	Interval Sports Training Ages: 12-15 years 3:45-4:30PM Trainer: Pedro, Cardio C.	Parent/Child U3 Soccer Ages: 24-36 mos 9:00-9:40AM Coach Shaun, Gym
Beginner Gymnastics Ages: 7-12 years 5:00-6:00PM Coach Ray, Gym	Intermediate Basketball Ages: 7-14 years 4:00-4:55PM Coach Ray M, Gym	Intermediate Gymnastics Ages: 8-14 years 5:00-6:30PM Coach Ray, Gym	Beginner Gymnastics Ages: 6-8 years 5:00-6:00PM Coach Ray, Gym	Intermediate Gymnastics Ages: 8-14 years 4:00-5:30PM Coach Ray, Gym	Parent/Child U4 Soccer Ages: 3-4 years 9:45-10:25AM Coach Shaun, Gym
Adv. Beginner Gymnastics Ages: 6-12 years 6:00-7:00PM Coach Ray, Gym	Strength Training for Teens Ages: 12-15 years 4:00-4:55PM Trainer: Pedro, Cardio C.	Advanced Int. Gymnastics Ages: 8-14 years 5:30-7:00PM Coach Ray, Gym		Strength Training for Teens Ages: 12-15 years 4:35-5:30PM Trainer: Pedro, Cardio C.	U5 Soccer Ages: 4-5 years 9:45-10:25AM Coach Ziham, Gym
	Advanced Basketball Ages: 8-12 years 5:00-5:55PM Coach Ray M, Gym			Advanced Int. Gymnastics Ages: 8-14 years 5:00-6:30PM Coach Ray, Gym	Parent/Child U4 Soccer Ages: 3-4 years 10:30-11:10AM Coach Shaun, Gym
				Gymnastics Club Ages: 10-17 years 5:00-7:00PM Coach Ray, Gym	U6 Soccer Ages: 5-6 years 10:30-11:10AM Coach Ziham, Gym
					U9 Soccer Ages: 7-9 years 11:15-12:10AM Coach Shaun, Gym
					U12 Soccer Ages: 9-12 years 11:15-12:10AM Coach Ziham, Gym
					Basketball Skills & Drills Ages: 10-15 yrs 1:30-2:25pm Coach Ray M, Gym
				Beginner Basketball Ages: 7-14 years 2:30-3:25PM Coach Ray M, Gym	
			New Youth Classes	New Teen Classes	

REGISTRATION

Members: December 14th
Community: December 21st

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

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

Please Note: All classes have minimum participant numbers to run efficiently. If a class does have the minimum required participants by the beginning of the session, classes may consolidated or cancelled.

YOUTH & TEEN SPORTS PROGRAMS

Beginner Basketball

Members: \$136, Community Fee: \$195

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: \$136, Community Fee: \$195

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: \$136, Community Fee: \$195

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.

Basketball Skills & Drills

Members: \$136, Community Fee: \$195

This class focuses on the pure fundamentals of the game while also adding a competitive element. Participants are taught the art to shooting, perfect passing and how to handle the ball like a pro. A routine is established for each skill set that is taught.

Parent/Child Soccer

Members: \$136, Community Fee: \$195

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.

Youth Soccer

Members: \$136, Community Fee: \$195

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.

Agility, Strength and Conditioning

Members: \$136, Community Fee: \$195

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: \$156, Community Fee: \$225

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

Advanced Beginner Gymnastics

Members: \$173, Community Fee: \$252
(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: \$242, Community Fee: \$340

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: \$242, Community Fee: \$340

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: \$257, Community Fee: \$362

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.

Interval Sports Training

Members: \$136, Community Fee: \$195

This class combines fun strength workout with a flavor of high-intensity interval training. Participants will learn how to utilize our state of the art equipment (woodway, rower, ski-erg, assault bike, power mill) and so much more.

Strength Training for Teens

Members: \$136, Community Fee: \$195

Teens will work with a certified Personal Trainer, learning how to safely and effectively use the equipment in the fitness center, weight lifting techniques, and gym etiquette. They will also learn how to build a safe and effective exercise program that will challenge them, while having fun getting fit with peers.



FOR MORE INFORMATION:

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