# YOUTH & TEENS SPORTS SCHEDULE

**Spring 1: 2/24 – 4/26/2020**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track &amp; Field Ages: 5-7 years 3:00-4:00PM Coach Hakeem</td>
<td>Multi-Sport Ages: 4-6 years 3:00PM-3:40PM Coach Devonte</td>
<td>Parent/Child Multi-Sport Ages: 3-4 years 3:15PM-3:55PM Coach Christian</td>
<td>Multi-Sport Ages: 4-6 years 3:00-3:40PM Coach Shaq</td>
<td>Basketball Ages: 8-12 years 3:15-4:10PM Coach Shaq</td>
<td>Parent/Child U3 Soccer Ages: 24-36 mos 8:15-8:45AM Coach Devonte</td>
<td>Flag Football Ages: 5-7 years 9:00-9:55AM Coach Husani</td>
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<tr>
<td>Speed &amp; Strength Ages: 7-9 years 3:45-4:00PM Coach Christian</td>
<td>Parent/Child Multi-Sport Ages: 3-4 years 3:05PM-3:45PM Coach Devonte</td>
<td>Basketball Ages: 8-12 years 3:15-4:10PM Coach Christian</td>
<td>Basketball Ages: 8-12 years 3:05-3:45PM Coach Christian</td>
<td>Track &amp; Field Ages: 4-6 years 3:30-4:10PM Coach Devonte</td>
<td>Track &amp; Field Ages: 8-12 years 9:15-9:55AM Coach Devonte</td>
<td>Track &amp; Field Ages: 8-12 years 10:00-10:55AM Coach Devonte</td>
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<tr>
<td>Speed &amp; Strength Ages: 8-12 years 3:45-4:05PM Coach Devonte</td>
<td>U7 Soccer Ages: 5-7 years 3:45pm-4:25PM Coach Christian</td>
<td>Speed &amp; Strength Ages: 8-12 years 3:30-4:25PM Coach Christian</td>
<td>Track &amp; Field Ages: 8-12 years 4:45-4:55PM Coach Shaq</td>
<td>Multi-Sports Ages: 8-12 years 4:45-4:55PM Coach Christian</td>
<td>Multi-Sports Ages: 8-12 years 9:15-9:55AM Coach Devonte</td>
<td>Multi-Sports Ages: 8-12 years 10:00-10:55AM Coach Devonte</td>
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<tr>
<td>Speed &amp; Strength Ages: 8-12 years 4:45-5:05PM Coach Hakeem</td>
<td>U6 Soccer Ages: 4-6 years 4:30-5:25PM Coach Devonte</td>
<td>Speed &amp; Strength Ages: 8-12 years 4:30-5:25PM Coach Christian</td>
<td>Track &amp; Field Ages: 8-12 years 4:45-5:05PM Coach Devonte</td>
<td>Track &amp; Field Ages: 5-7 years 4:30-5:10PM Coach Christian</td>
<td>US Soccer Ages: 5-6 years 10:55-11:35AM Coach Devonte</td>
<td>US Soccer Ages: 5-6 years 10:00-10:55AM Coach Devonte</td>
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<td>Speed &amp; Strength Ages: 13-15 years 4:45-5:40PM Coach Devonte</td>
<td>U6 Soccer Ages: 3-4 years 4:30-5:30PM Coach Christian</td>
<td>Speed &amp; Strength Ages: 8-12 years 4:30-5:25PM Coach Christian</td>
<td>Track &amp; Field Ages: 8-12 years 4:45-5:40PM Coach Shaq</td>
<td>Track &amp; Field Ages: 5-7 years 4:30-5:10PM Coach Christian</td>
<td>U6 Soccer Ages: 5-6 years 10:55-11:35AM Coach Devonte</td>
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<td>Track &amp; Field Ages: 10-14 years 5:00-5:55PM Coach Hakeem</td>
<td>Track &amp; Field Ages: 8-12 years 4:35-5:30PM Coach Christian</td>
<td>Basketball Ages: 8-12 years 4:35-5:30PM Coach Devonte</td>
<td>Basketball Ages: 8-12 years 5:45-6:05PM Coach Christian</td>
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<td>Track &amp; Field Ages: 8-12 years 11:00-11:55AM Coach Devonte</td>
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<td>Track &amp; Field Ages: 10-14 years 6:00-6:55PM Coach Devonte</td>
<td>U11 Soccer Ages: 7-11 years 5:15-6:10PM Coach Devonte</td>
<td>Basketball Ages: 10-14 years 5:45-6:40PM Coach Devonte</td>
<td>Advanced Track Ages: 9-12 years 5:45-6:30PM Coach Shaq</td>
<td>Track &amp; Field Ages: 9-12 years 6:15-7:10PM Coach Christian</td>
<td>Flag Football Ages: 9-11 years 11:00-11:55AM Coach Husani</td>
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**FOR MORE INFORMATION:**

Chrissy Baker
Director
Sports & Healthy Lifestyles
CBaker@ymcanyc.org
212.912.2586

**REGISTRATION**

Members: December 14th
Community: December 21st

*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.*
YOUTH SPORTS PROGRAMS

Basketball
Members: $135, Community Fee: $193
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: $185, Community Fee: $240

Flag Football
Members: $135, Community Fee: $193
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: $135, Community Fee: $193
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: $135, Community Fee: $193
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: $135, Community Fee: $193
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.

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: $165, Community Fee: $218
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: $135, Community Fee: $193
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: $185, Community Fee: $240

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.

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.