## YOUTH & TEEN SPORTS SCHEDULE
### SPRING I SESSION: 2/24 - 4/26

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>
| Beginner Gymnastics  
Ages: 6-8 years  
4:00-5:00PM  
Coach Ray, Gym | Beginner Basketball  
Ages: 7-14 years  
3:15-4:00PM  
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. | Parent/Child U3 Soccer  
Ages: 24-36 mos  
9:00-9:40AM  
Coach Louis, Gym |
| Beginner Boxing for Teens  
Ages: 11-15 years  
5:00-6:00PM  
Trainer: Lukas, MP1 | Intermediate Basketball  
Ages: 7-14 years  
4:00-4:55PM  
Coach Ray M, Gym | Intermediate Gymnastics  
Ages: 6-8 years  
5:00-6:00PM  
Coach Ray, Gym | Intermediate Gymnastics  
Ages: 6-8 years  
5:00-5:30PM  
Coach Ray, Gym | Parent/Child U4 Soccer  
Ages: 3-4 years  
9:45-10:25AM  
Coach Louis, Gym |
| Beginner Boxing for Teens  
Ages: 11-15 years  
5:00-6:00PM  
Trainer: Lukas, MP1 | Agility, Strength & Conditioning  
Ages: 7-10 years  
4:00-4:55PM  
Trainer: Lukas, MP1 | Advanced Int. Gymnastics  
Ages: 7-14 years  
5:00-6:30PM  
Coach Ray, Gym | Strength Training for Teens  
Ages: 11-15 years  
4:30-5:30PM  
Trainer: Pedro, Cardio C. | U5 Soccer  
Ages: 4-5 years  
9:45-10:25AM  
Coach Ziham, Gym |
| Adv. Beginner Gymnastics  
Ages: 6-12 years  
6:00-7:00PM  
Coach Ray, Gym | Advanced Basketball  
Ages: 7-14 years  
5:00-5:55PM  
Coach Ray M, Gym | Advanced Int. Gymnastics  
Ages: 8-14 years  
5:00-6:30PM  
Coach Ray, 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 Ziham, Gym | U12 Soccer  
Ages: 9-12 years  
11:15-12:10AM  
Coach Louis, Gym | U12 Soccer  
Ages: 9-12 years  
11:15-12:10AM  
Coach Louis, Gym | Basketball Club  
Ages: 7-14 yrs  
1:30-2:25pm  
Coach Ray M, Gym | |

### REGISTRATION
- Members: February 8th
- Community: February 15th

*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 Club
Members: $136, Community Fee: $195
The goals of the club are to accelerate skill development, prepare kids for league play and to have more scrimmage time. (This is geared towards the kids in our intermediate/advance basketball classes).

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 program 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.

FOR MORE INFORMATION:
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