



FALL II INSTRUCTIONAL SPORTS & DANCE

Priority Member Registration Saturday, October 12
Community Member Registration Saturday, October 19

SOCCER

The Indoor Soccer Program is designed for children ages ranging from 5-11 years old. The program focuses on developing soccer skills and improving coordination through drills and game play. In addition to soccer skills, the program also emphasizes important life values such as fair play, positive attitude and teamwork. These values are instilled through coach instruction and the collaborative nature of the sport itself.

Cost: Member \$142
Community Member \$207

Ages 5-8
Tuesdays: 5:30 - 6:20 pm
Location: Gymnasium

Ages 7-11
Thursdays 5:30 - 6:20 pm
Location: Gymnasium

BASKETBALL

The Y Basketball Program is designed for children of all ages to learn and develop the fundamental basketball skills of passing, dribbling and shooting. Through fun drills and scrimmages, participants get to practice their newfound skills, applying their offense and defense techniques. The program is a great way to introduce children to basketball in a fun and encouraging environment.

Cost: Member: \$142
Community Member \$207

Beginner Level

Ages 3-5
Saturdays 10:00 - 10:50 am
Location: Gymnasium

Intermediate Level

Ages 6-8
Saturdays 11:00 - 11:50 am
Location: Gymnasium

Ages 7-12
Saturdays 12:00 - 12:50 pm
Location: Gymnasium



DATES:
OCTOBER
28-
DECEMBER
22



Think your child might be ready for a challenge? We offer opportunities for kids to play in an older age group after a coach evaluation. Contact jjopek@ymcanyc.org to learn more!

Turn the page to discover more sports and fun activities!

ADVANCED BASKETBALL

Take your basketball game to the next level at the Y's Advanced Basketball Program for ages 11-15 years. This program is designed to refine your skills and basketball IQ. Each session features a coach led 45 minute practice focused on offensive and defensive drills and footwork. After practice, put your skills to the test in a fun and competitive 45 minute scrimmage against teammates!

Cost **Member** **\$210**
 Community Member **\$311**

Ages 11 and up, Coach Approval for younger participants. Email jjopek@ymcanyc.org for approval.

Saturdays 1:00-2:45 pm
Location: Gymnasium

DANCE

The Y Youth Dance Program introduces young dancers to the world of dance in a fun and supportive environment. Students will learn basic movements and positions fostering creativity, grace and coordination. As they progress, children will gain confidence and develop their own unique style! Programs include, Dance, K-Pop and Musical Movement.

Cost **Member** **\$142**
 Community Member **\$207**

Ballet

Ages 5-8
Saturdays 9:00 - 9:50 am
Location: Dance Studio

Ages 7-11
Saturdays 10:00 - 10:50 am
Location: Dance Studio

Musical Movement

Ages 3-4
Mondays 4:00- 4:50 pm
Location: Dance Studio

K-Pop

Ages 5-8
Mondays 5:00- 5:50 pm
Location: Dance Studio

KARATE

Our Karate Program develops strength, agility, flexibility, and coordination as well as focus and a peace of mind!

Cost **Member** **\$142**
 Community Member **\$207**

Ages 5-8
Saturdays 11:00 - 11:50 am
Location: Dance Studio

Ages 7-11
Saturdays 12:00 - 12:50 pm
Location: Dance Studio

Ages 11 and up
Tuesdays 5:30 - 6:20 pm
Saturdays 1:00 - 1:50 pm
Location: Dance Studio