

WINTER SESSION 2025 INSTRUCTIONAL SPORTS & DANCE



YMCA OF GREATER
NEW YORK

Priority Member Registration Saturday, December 7
Community Member Registration Saturday, December 14

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 \$152
Community Member \$221

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

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

Turn the page to discover more sports and fun activities



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: \$152
Community Member \$221

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

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!

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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** **\$225**
 Community Member **\$333**

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

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

BALLET

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!

Cost **Member** **\$152**
 Community Member **\$221**

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

SEIDO KARATE

Seido Karate was formed by Kaicho (Grandmaster) T. Nakamura in 1976 to keep the true essence of traditional karate alive. Seido Karate emphasizes strict discipline, respect and courtesy, and sincere practice with physical training. Kaicho Nakamura continues to teach karate at Seido Karate schools in Manhattan and Westchester County. Nidaime A. Nakamura, 8th Degree Black Belt and Kaicho's son, is continuing the tradition of teaching the art and philosophy of Seido Karate John F Casey, the Flushing YMCA Karate Instructor, holds the title of Jun Shihan (6th degree black belt). He started training in Seido Karate in 1976. He has personally trained under Kaicho Nakamura for many years. He has competed in martial arts competitions in the United States, Japan, and Australia. He has taught at the Flushing YMCA since 2011.

Cost **Member** **\$152**
 Community Member **\$221**

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

Financial Assistance is available! See the Front Desk for an application!