SUMMER 2025 INSTRUCTIONAL SPORTS AT FLUSHING YMCA

YMCA OF GREATER NEW YORK

Become a member of the Y for early access to registration and discounts

Member Registration Starts 6/7

Non-Member Registration Starts 6/14

SUMMER SESSION: 6/30–8/24

SOCCER

The Indoor Soccer Program is designed for children ages ranging from 3-11 years old. The program focuses on developing soccer skills & improving coordination through drills & game play. In addition, the program emphasizes important life values such as fair play, positive attitude & teamwork.

Cost
Members: ~~$152~~
Non-Members: $221

Ages 3–4 Sundays 11:10am-12:00pm
Ages 5–8 Sundays 12:10pm-1:00pm
Ages 7–11 Sundays 1:10pm-2:00pm

Location Gymnasium

Financial Aid not combinable with Summer Special Pricing

SUMMER SOCCER SPECIAL MEMBER PRICING: $120

Register Online

ymcanyc.org/locations /flushing-ymca /programs-and-classes

BASKETBALL

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

Cost
Members: $152
Non-Members: $221

Beginner Level
Ages 3–5 Saturdays 10:00am-10:50am

Intermediate Level
Ages 6–8 Saturdays 11:00am-11:50am
Ages 7–12 Saturdays 12:00pm-12:50pm

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   Members: $225
               Non-Members: $333

Ages 11+   Saturdays   1:00pm-2:45pm

Location   Gymnasium

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

BALLET

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

Cost   Members: $152
               Non-Members: $221

Ages 5–8   Saturdays   9:00am-9:50am
Ages 7–11 Saturdays   10:00am-10:50am

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, courtesy, & 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 & 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   Members: $152
                Non-Members: $221

Ages 5–8   Saturdays   11:00am-11:50am
Ages 7–11   Saturdays   12:00pm-12:50pm
Ages 11+   Tuesdays   5:30pm-6:20pm
                Saturdays   1:00pm-1:50pm

Location   Dance Studio

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Register Online

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Financial Assistance is available! Please see the Front Desk for an application.