

REGISTER FOR SUMMER PROGRAMS AT THE CROSS ISLAND Y!

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

Priority MEMBER Registration Opens June 7th
COMMUNITY Member Registration Opens June 14th

DANCE

Ballet

(Ages 6-10)

Saturdays 1:15 PM - 2:15 PM
Max. Cap. (6) | Min. Cap. (2)
Member: \$201 | Community: \$340



Hip-Hop I

(Ages 7-13)

Saturdays 12:00 PM - 1:00 PM
Max. Cap. (10) | Min. Cap. (2)
Member: \$151 | Community: \$272

Hip-Hop II (audition only)

(Ages 8-14)

Saturdays 2:45 PM - 3:45 PM
Max. Cap. (10) | Min. Cap. (2)
Member: \$151 | Community: \$272

BASKETBALL

Instructional Basketball (5-7)

(Ages 5-7)

Saturdays 1:30 PM - 2:30 PM
Max. Cap. (8) | Min. Cap. (2)
Member: \$151 | Community: \$272

Instructional Basketball (7-9)

(Ages 7-9)

Saturdays 11:00 AM - 12:00 PM
Max. Cap. (24) | Min. Cap. (4)
Member: \$151 | Community: \$272

Instructional Basketball

(10-12)

(Ages 10-12)

Saturdays 12:15 - 1:15 PM
Max. Cap. (24) | Min. Cap. (4)
Member: \$151 | Community: \$272



Instructional Basketball

(12-14)

(Ages 12-14)

Saturdays 1:30 PM - 2:30 PM
Max. Cap. (24) | Min. Cap. (4)
Member: \$151 | Community: \$272

SOCCER

Instructional Soccer (5-7)

(Ages 5-7)

Sundays 10:00 AM - 11:00 AM
Max. Cap. (16) | Min. Cap. (4)
Member: \$151 | Community: \$272



Instructional Soccer (8-12)

(Ages 8-12)

Sundays 11:15 AM - 12:15 AM
Max. Cap. (16) | Min. Cap. (4)
Member: \$151 | Community: \$272

VOLLEYBALL

Instructional Volleyball (9-12)

(Ages 9-12)

Sundays 1:00 PM - 2:00 PM
Max. Cap. (16) | Min. Cap. (4)
Member: \$151 | Community: \$272

Instructional Volleyball

(12-17)

(Ages 12-17)

Sundays 2:15 PM - 3:15 PM
Max. Cap. (16) | Min. Cap. (4)
Member: \$151 | Community: \$272



MARTIAL ARTS

Martial Arts Beginner (6-8)

(Ages 6-8)

Sundays 11:30 AM - 12:45 PM
Max. Cap. (8) | Min. Cap. (2)
Member: \$201 | Community: \$340



Martial Arts Beginner (8-12)

(Ages 8-12)

Sundays 1:00 PM - 2:15 PM
Max. Cap. (8) | Min. Cap. (2)
Member: \$201 | Community: \$340

Martial Arts Beginner (12-16)

(Ages 12-16)

Sundays 2:30 PM - 3:45 PM
Max. Cap. (8) | Min. Cap. (2)
Member: \$201 | Community: \$340

Martial Arts Intermediate

(10+)

(Ages 10+)

Sundays 2:30 PM - 3:45 PM
Max. Cap. (8) | Min. Cap. (2)
Member: \$201 | Community: \$340

Adult Tai Jitsu

(Ages 18+)

Thursdays 7:45 PM - 9:00 PM
Max. Cap. (8) | Min. Cap. (2)
Member: \$272 | Community: \$375

**SUMMER
SESSION:
June 30th -
Aug 24th**



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ymcanyc.org/programs



**YMCA OF GREATER
NEW YORK**

**More Awesome
Programs!**



NEW PROGRAMS!



Floor Hockey

(Ages 8-12) | Coach Matt

Thursdays 6:00 PM - 7:00 PM

Max. Cap. (8) | Min. Cap. (2)

Member: \$151 | Community: \$272



Flag Football

(Ages 8-12) | Coach Andy R.

Thursdays 6:00 PM - 7:00 PM

Max. Cap. (8) | Min. Cap. (2)

Member: \$151 | Community: \$272

TENNIS

Tennis Quick Start Beginner

(Ages 5.5 - 7) | Coach Lorraine

Wednesdays 5:00 PM - 6:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Quick Start Beginner

(Ages 5.5 - 7) | Coach Lorraine

Saturdays 9:00 AM - 10:00 AM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Quick Start Advanced

(Ages 7 - 8) | Coach Andy M.

Mondays 7:00 PM - 8:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Level 1

(Ages 9-11) | Coach Lorraine

Wednesdays 6:00 PM - 7:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Level 1

(Ages 12-17) | Coach Andy M.

Wednesdays 7:00 PM - 8:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Level 1

(Ages 9-12) | Coach Lorraine

Saturdays 10:00 AM - 11:00 AM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Level 2

(Ages 12 - 17)

Tuesdays 6:00 PM - 7:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Level 2

(Ages 9-12)

Saturdays 9:00 AM - 10:00 AM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Level 2

(Ages 9-12)

Saturdays 10:00 AM - 11:00 AM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Level 2

(Ages 9-12)

Saturdays 9:00 AM - 10:00 AM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Level 3

(Ages 12-17)

Thursdays 6:00 PM - 7:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Level 4

(Ages 12-17)

Wednesdays 6:00 PM - 7:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Adult Beginner

(Ages 18+)

Tuesdays 7:00 PM - 8:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Adult Beginner

(Ages 18+)

Wednesdays 7:00 PM - 8:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Adult Adv. Beginner

(Ages 18+)

Thursdays 7:00 PM - 8:00 PM

Max. Cap. (4) | Min. Cap. (2)

Member: \$227 | Community: \$264

Tennis Private 1/2 hr lessons

(Ages open)

appointment only

Member: \$315 | Community: \$347

Tennis Private 1hr lessons

(Ages open)

appointment only

Member: \$504 | Community: \$567

Tennis Semi-Private 1hr

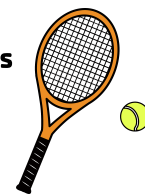
lessons

(Ages open)

appointment only

Member: \$252 | Community: \$315

*For private tennis scheduling and further inquiry, contact our sports coordinator bwright@ymcanyc.org



Age	Racket Size
8 & Under	19, 21 or 23 inch
9-10	23 & 25 inch
11-12	26 inch
12 +	27 inch +

*Please be sure to register for programs before the session begins. If enrollment does not meet the minimum capacity by the start date, the program may be subject to cancellation.



ymcanyc.org/programs

PROGRAM DESCRIPTIONS

June 30th – August 24th



YMCA OF GREATER
NEW YORK

CROSS ISLAND YOUTH SPORTS, ARTS AND MOVEMENT

BALLET

Members: \$201, Community Fee: \$340

Join Miss Brianna's ballet class for ages 6-10! Build on ballet basics, refine technique, and perform in a delightful recital to showcase your progress.

HIP-HOP I

Members: \$151, Community Fee: \$272

Join Miss Brianna's Hip Hop Level 1 class for ages 7-13! Learn fundamental hip hop moves, develop rhythm, and master choreography for an exciting recital performance.

HIP-HOP II

Members: \$151, Community Fee: \$272

Miss Brianna's Hip Hop Level II (audition only) for ages 8-14 builds on fundamentals with added elements and advanced choreography, culminating in a recital performance!

INSTRUCTIONAL BASKETBALL

Members: \$151, Community Fee: \$272

Instructional basketball with Coach Andy and additional coaches focuses on skill development. Younger players learn fundamentals, while older groups build on techniques with more advanced drills and gameplay.

INSTRUCTIONAL SOCCER

Members: \$151, Community Fee: \$272

Instructional soccer with Coach Deschanel focuses on skill development. Younger players learn fundamentals, while older groups build on techniques with advanced drills and game strategies.

MARTIAL ARTS

Members: \$201, Community Fee: \$340

Beginner martial arts with Sensei Juan introduces students to Jiu-Jitsu. Classes focus on fundamental techniques, balance, discipline, and meditation

ADULT TAI JITSU

Members: \$272, Community Fee: \$375

Tai Jitsu with Sensei Doug is an adult martial arts class focused on self-defense. Training includes strikes, throws, joint locks, and traditional techniques to build strength, control, and confidence.

INSTRUCTIONAL VOLLEYBALL

Members: \$151, Community Fee: \$272

Instructional volleyball with Coach Kyrsten focuses on skill development. Younger players learn fundamentals like passing and serving, while older groups progress with advanced techniques, drills, and game strategies.

FLOOR HOCKEY

Members: \$151, Community Fee: \$272

Floor hockey with Coach Matthew teaches fundamental skills such as stick handling, passing, and shooting. Players develop teamwork and strategy through fun drills and gameplay.

FLAG FOOTBALL

Members: \$151, Community Fee: \$272

Flag football with Coach Andy focuses on developing basic football skills such as passing, catching, and teamwork. Players improve agility, strategy, and sportsmanship through drills and gameplay.

QUICK START TENNIS

Members: \$227, Community Fee: \$264

QuickStart Tennis with Coach Andy or Coach Lorraine introduces young players to the basics of tennis.

LEVEL 1 TENNIS

Members: \$227, Community Fee: \$264

Level 1 Tennis with Coach Andy or Coach Lorraine focuses on developing forehand and backhand ground-strokes, volleys, and serves. Players improve technique and consistency through focused drills and practice.

LEVEL 2 TENNIS

Members: \$227, Community Fee: \$264

Level 2 Tennis with Coach Ron focuses on refining consistency in forehand and backhand ground-strokes, volleys, and serves. Players are expected to perform these skills with confidence and precision during drills and practice.

LEVEL 3 TENNIS

Members: \$227, Community Fee: \$264

Level 3 Tennis with Coach Ron introduces match play and emphasizes advanced footwork. Players refine strokes, volleys, and serves while developing strategy.

LEVEL 4 TENNIS

Members: \$227, Community Fee: \$264

Level 4 Tennis with Coach Ron prepares players for competitive play. Focus is on strategic match play, advanced footwork, shot precision, and mental toughness for high-level competition.

ADULT TENNIS

Members: \$227, Community Fee: \$264

Adult Tennis with Coach Ron focuses on developing fundamental skills, including forehand and backhand ground-strokes, volleys, and serves. Players work on consistency, technique, and game play improvement.

PRIVATE TENNIS LESSONS

Members: \$315 / \$504, Community Fee: \$347 / \$567

Private Tennis Lessons allow you to choose the coach that best fits your schedule and skill needs. Lessons focus on personalized instruction to improve technique, consistency, and overall gameplay



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