

REGISTER FOR WINTER PROGRAMS AT THE CROSS ISLAND Y!



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

Priority MEMBER Registration Opens **Dec. 6th**

COMMUNITY Member Registration Opens **Dec. 13**

**WINTER
SESSION:**

**Jan. 2nd -
Feb. 22nd**

DANCE

Adult Hip Hop

(Ages 18+)

Saturdays 1:30 PM - 2:30 PM
Max. Cap. (10) | Min. Cap. (2)
Member: \$211 | Community: \$357

Hip-Hop I

(Ages 7-12)

Saturdays 12:00 PM - 1:00 PM
Max. Cap. (10) | Min. Cap. (2)
Member: \$159 | Community: \$286

Hip-Hop II (audition only)

(Ages 8-14)

Saturdays 2:45 PM - 3:45 PM
Max. Cap. (10) | Min. Cap. (2)
Member: \$159 | Community: \$286

BASKETBALL

Instructional Basketball (5-7)

(Ages 5-7)

Saturdays 1:30 PM - 2:30 PM
Max. Cap. (8) | Min. Cap. (2)
Member: \$159 | Community: \$286

Instructional Basketball (7-9)

(Ages 7-9)

Saturdays 11:00 AM - 12:00 PM
Max. Cap. (24) | Min. Cap. (4)
Member: \$159 | Community: \$286

Instructional Basketball (10-12)

(Ages 10-12)

Saturdays 12:15 - 1:15 PM
Max. Cap. (24) | Min. Cap. (4)
Member: \$159 | Community: \$286

Adv. Instructional Basketball (12-15)

(Ages 12-15)

Saturdays 1:30 PM - 2:30 PM
Max. Cap. (24) | Min. Cap. (4)
Member: \$159 | Community: \$286

SOCCER

Instructional Soccer (5-7)

(Ages 5-7)

Sundays 10:00 AM - 11:00 AM
Max. Cap. (16) | Min. Cap. (4)
Member: \$159 | Community: \$286

Instructional Soccer (8-12)

(Ages 8-12)

Sundays 11:15 AM - 12:15 AM
Max. Cap. (16) | Min. Cap. (4)
Member: \$159 | Community: \$286

VOLLEYBALL

Beginner Volleyball (9-14)

(Ages 9-14)

Sundays 1:00 PM - 2:00 PM
Max. Cap. (16) | Min. Cap. (4)
Member: \$159 | Community: \$286

Adv. Beg. / Int. Volleyball (12-17)

(Ages 12-17)

Sundays 2:15 PM - 3:15 PM
Max. Cap. (16) | Min. Cap. (4)
Member: \$159 | Community: \$286

MARTIAL ARTS

Adult Tai Jitsu

(Ages 18+)

Thursdays 7:45 PM - 9:00 PM
Max. Cap. (8) | Min. Cap. (2)
Member: \$286 | Community: \$394

TENNIS

Tennis Quick Start Combined

(Ages 5.5 - 8) | Coach Lorraine
Mondays 6:00 PM - 7:00 PM

Max. Cap. (4) | Min. Cap. (2)
Member: \$238 | Community: \$277
(located in the gymnasium)

Tennis Quick Start Combined

(Ages 5.5 - 8) | Coach Andy
Fridays 5:00 PM - 6:00 PM

Max. Cap. (4) | Min. Cap. (2)
Member: \$238 | Community: \$277
(located in the gymnasium)

*For further inquiry, Please email
bwright@ymcanyc.org

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

PROGRAM DESCRIPTIONS

Jan 2nd. – Feb. 22nd

ADULT HIP HOP

Members: \$211, Community Fee: \$357

Miss. Brianna's hip hop class is designed specifically for adults! Learn the latest moves while improving coordination, rhythm, and confidence on the dance floor.

HIP-HOP I

Members: \$159, Community Fee: \$286

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: \$159, Community Fee: \$286

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: \$159, Community Fee: \$286

Instructional basketball with Coach Andy and additional coaches focuses on skill development. Younger players learn fundamentals, while older groups (12 - 15 yrs.) build on techniques with more advanced drills and gameplay.

INSTRUCTIONAL SOCCER

Members: \$159, Community Fee: \$286

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.

ADULT TAI JITSU

Members: \$286, Community Fee: \$394

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: \$159, Community Fee: \$286

Instructional volleyball with Coach Kyrsten focuses on skill development. Younger players learn fundamentals like passing and serving, while older groups (12-17 yrs.) progress with advanced techniques, drills, and game strategies.

QUICK START TENNIS

Members: \$238, Community Fee: \$277

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



ymcanyc.org/programs