



YOUTH ENRICHMENTS



Fall I Session | September 8 – November 1, 2026

as of 7.31.26

Need Financial Assistance? Just Ask.

CLASS NAME	LEVEL/ AGE RANGE	AGE GROUP	Ratio	DAY	START TIME	END TIME	MEMBER FEE	COMMUNITY FEE	ROOM	
PRESCHOOL/ TODDLER										
Separation	Enrichment Classes	Ages 2-3	1:6	Mon – Wed	9:00 AM	12:00 PM	Register for Fall 2026		Studio B	
Separation	Enrichment Classes	Ages 2-3	1:6	Mon – Thurs	9:00 AM	12:00 PM	Register for Fall 2026		Studio B	
MG & Me	Movement/ Tumbling	Ages 1-3	1:15	Saturday	10:00 AM	10:45 AM	\$206	\$289	Studio C	
MG & Me	MG & Me Yoga (w/ Guardian)	Ages 3-5	---	Saturday	10:00 AM	10:50 AM	\$206	\$289	Studio B	NEW
MG & Me	Open Gym Playdate (w/ Guardian)	Ages 4 & under	---	M, T, Th	11:00 AM	11:50 AM	Free	\$10/ adult/ day	Gym	
Toddler	Storytelling Adventures Beg	Ages 2-4	1:6	Saturday	12:00 PM	12:50 PM	\$206	\$289	Studio B	NEW
SPORTS, DANCE & ARTS										
Youth Arts	Little Picasso Art	Ages 3-5	1:15	Saturday	1:15 PM	2:05 PM	\$206	\$289	Studio A	NEW
Youth Arts	Art Explorers	Ages 6-8	1:15	Saturday	2:15 PM	3:05 PM	\$206	\$289	Studio A	NEW
Youth Arts	Tiny Toes Ballet Beginner	Ages 3-4	1:15	Wednesday	5:00 PM	5:50 PM	\$206	\$289	Studio C	
Youth Arts	Ballet & Tap Beginner	Ages 5-7	1:15	Saturday	11:00 AM	11:50 AM	\$206	\$289	Studio A	
Youth Arts	Ballet II Beg/ Intermediate	Ages 8-12	1:15	Saturday	12:00 PM	12:50 PM	\$206	\$289	Studio A	
Youth Arts	Chess Beginner	Ages 6-8	1:15	Saturday	1:00 PM	1:50 PM	\$206	\$289	Studio C	NEW
Youth Arts	Chess Beginner & Intermediate	Ages 9-12	1:15	Saturday	2:00 PM	2:50 PM	\$206	\$289	Studio C	NEW
Youth Arts	Keyboard/ Piano Beginner	Ages 6-8	1:15	Saturday	11:00 AM	11:50 AM	\$206	\$289	Studio C	NEW
Youth Arts	Keyboard/ Piano Beg & Interm	Ages 9-12	1:15	Saturday	12:00 PM	12:50 PM	\$206	\$289	Studio C	NEW
Youth Sports	Basketball Beginner	Ages 4-6	1:15	Wednesday	4:00 PM	4:50 PM	\$206	\$289	Gym	
Youth Sports	Basketball Beginner	Ages 4-6	1:15	Saturday	10:15 AM	11:05 AM	\$206	\$289	Gym	
Youth Sports	Basketball Intermediate	Ages 7-12	1:15	Wednesday	5:00 PM	5:50 PM	\$206	\$289	Gym	
Youth Sports	Basketball Intermediate	Ages 7-12	1:15	Saturday	11:30 AM	12:20 PM	\$206	\$289	Gym	
Youth Sports	Shotokan Karate Beginner	Ages 5-10	1:15	Tuesday	6:30 PM	7:20 PM	\$206	\$289	Studio B	
Youth Sports	Shotokan Karate Beginner	Ages 5-10	1:15	Friday	5:30 PM	6:20 PM	\$206	\$289	Studio B	
Youth Sports	Shotokan Karate Intermediate	Ages 11-17	1:15	Friday	6:30 PM	7:20 PM	\$206	\$289	Studio B	
Youth Sports	Soccer Beginner	Ages 3-4	1:15	Friday	3:00 PM	3:50 PM	\$206	\$289	Gym	
Youth Sports	Soccer Beginner	Ages 5-6	1:15	Friday	4:00 PM	4:50 PM	\$206	\$289	Gym	
Youth Sports	Soccer Beginner	Ages 7-12	1:15	Friday	5:00 PM	5:50 PM	\$206	\$289	Gym	
Youth Sports	Tennis Beginner	Ages 5-8	1:15	Thursday	3:30 PM	4:35 PM	\$206	\$289	Gym	
Youth Sports	Tennis Beginner	Ages 5-8	1:15	Sunday	3:45 PM	4:35 PM	\$206	\$289	Gym	
Youth Sports	Tennis Beginner	Ages 9-12	1:15	Thursday	4:15 PM	5:05 PM	\$206	\$289	Gym	
Youth Sports	Tennis Beginner	Ages 9-12	1:15	Sunday	4:30 PM	5:20 PM	\$206	\$289	Gym	

CLASS DESCRIPTIONS

Art Explorers | Ages 6–8

Encourage your child's creativity and curiosity in Art Explorers! Young artists will experiment with different materials, techniques, and styles while creating unique projects that inspire imagination, self-expression, and confidence. Through hands-on activities, children will develop artistic skills while having fun exploring their own creative voice.

Ballet | Ages 3–12

Encourage creativity, confidence, and movement through Ballet! Children will learn foundational ballet techniques, coordination, balance, and self-expression while developing an appreciation for dance in a fun and welcoming environment.

Chess (Beginner & Intermediate) | Ages 6–12

Build critical thinking skills, focus, and confidence through Chess! Whether your child is learning the basics or ready to strengthen their strategy, this class encourages problem-solving, patience, and sportsmanship while having fun and challenging their minds.

Instructional Basketball | Ages 3–12

Introduce your child to the fundamentals of basketball in a fun and supportive environment! Instructional Basketball focuses on developing essential skills like dribbling, passing, shooting, teamwork, and sportsmanship while helping children build confidence and stay active.

Instructional Soccer | Ages 3–12

Kick off a love for soccer with Instructional Soccer! Children will learn the basics of the game, including ball control, passing, shooting, and teamwork through engaging drills and activities designed to build skills, confidence, and a passion for the sport.

Keyboard /Piano (Beginner & Intermediate) | Ages 6–12

Introduce your child to the joy of music with Piano at the Y! Designed for beginners and intermediate students, this class helps young musicians build confidence, learn piano fundamentals, develop technique, and explore their creativity through music.



Little Picasso Art | Ages 3–5

Let your child's imagination shine in Little Picasso Art! Young artists will explore colors, textures, and creative techniques while building fine motor skills, self-expression, and confidence through hands-on art projects designed for little creators.

My Grown Up & Me Yoga | Ages 3–5

Move, stretch, and connect together in My Grown Up & Me Yoga! This special class gives children and caregivers the opportunity to practice simple yoga poses, mindfulness, and movement while building confidence, coordination, and a stronger bond through shared experiences.

Open Gym Play | Ages 4 & Under

Bring your little ones for an hour of active play, movement, and fun in the gym! Designed for children ages 4 and under and their caregivers, Open Gym Playdate provides a safe and welcoming space for young children to explore, play, and build social skills through age-appropriate activities.

Separation | Ages 2–3

Our Separation Class helps toddlers build confidence and independence in a nurturing, supportive environment. Through age-appropriate play, music, movement, stories, and hands-on activities, children develop social skills, early learning foundations, and classroom routines.

Shotokan Karate | Ages 5–12

Build strength, confidence, focus, and discipline through Shotokan Karate at the Y! This martial arts program teaches age-appropriate techniques, self-defense skills, respect, and personal growth in a positive and encouraging environment.

Storytelling Adventures | Ages 2–4

Spark your child's imagination with Storytelling Adventures! Through stories, songs, and creative activities, young learners will build early literacy skills, encourage self-expression, and develop a love for reading and storytelling in a fun and engaging environment.

Swim Lessons | Ages 6 months–12 years

Help your child become safer and more confident in the water with Swim Lessons! Our experienced instructors teach swimmers of all levels, from beginners learning water safety skills to more advanced swimmers developing technique, endurance, and stroke proficiency. See Swim Lessons flyer

Tennis | Ages 5–12

Serve up fun and skill development with Tennis! Participants will learn the fundamentals of tennis, including proper technique, footwork, coordination, and game play while building confidence and enjoying an active experience on the court.

GET SOCIAL: @GREENPOINTYMCA



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