



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 1

FEB. 25 – APR. 20

SPORTS

CLASS NAME	CLASS DESCRIPTION	MIN. AGE	MAX. AGE	LOCATION	TIME	DURATION	DAY	MEMBER	COMMUNITY
SPORTS									
Y Sports	Introduces children to a variety of sports while they improve motor skills, stay active and have fun.	3.5	5	Gymnasium	10:00am	30min	M	Free	\$85
					10:00am	30min	W	Free	\$85
Tee Ball	Teaches the basics of hitting, throwing and catching, as well as the basic fundamentals of the sport.	3.5	5	Gymnasium	10:00am	30min	T	\$55	\$85
					3:30pm	30min	W	\$55	\$85
Recess Games	Join us weekly for games of capture the flag, dodgeball, and many more recess-style games. Kids will have fun while getting physical activity.	4	5	Gymnasium	3:30pm	45min	M	Free	\$95
					4:20pm	45min	M	Free	\$95
					5:15pm	45min	M	Free	\$95
Soccer 1	Introduces children to basic soccer skills. Dribbling, passing, shooting and field position are taught in a positive, nurturing environment.	3.5	5	Gymnasium	3:45pm	45min	T	\$65	\$95
					10:15am	45min	Sa	\$65	\$95
Soccer 2	Focuses on improving the necessary skills to start game action. The class introduces team work drills and sportsmanship.	6	7	Gymnasium	4:40pm	45min	T	\$65	\$95
Basketball 1	Start the little ones early. Smaller basketballs and hoops, but the same skills, make this class perfect for younger children. Shooting, passing and dribbling are the focus in many fun and run games to keep them engaged in learning the sport invented by the YMCA!	4	5	Gymnasium	3:30pm	30min	Th	\$55	\$85
					11:00am	45min	Sa	\$65	\$95
Basketball 2	Introduces children to the basketball fundamentals including shooting, passing and dribbling, while building positive development and confidence.	6	7	Gymnasium	4:05pm	45min	Th	\$65	\$95
					12:00pm	45min	Sa	\$65	\$95
Basketball 3	Continues the development of basketball skills by teaching new abilities through drills. Game play will be introduced during the session.	8	9	Gymnasium	4:55pm	45min	Th	\$65	\$95
					1:00pm	45min	Sa	\$65	\$95
Basketball 4	A program focused on game play, kids will develop skills and knowledge of the game through modified and full-court action.	10	12	Gymnasium	5:45pm	45min	Th	\$65	\$95
					2:00pm	45min	Sa	\$65	\$95
Flag Football	Introduces children to football essentials including throwing, catching and the rules of the game. They'll have fun being active and building self-esteem.	5	8	Gymnasium	4:30pm	45min	W	\$65	\$95

Hillsborough YMCA | 908 369 0490 | somersetcountyyymca.org

Registration: Members: Feb. 11 • 6:00pm | Community: Feb. 18 • 10:00am