



YOUTH SUPER SPORTS™

We build strong kids, strong families, strong communities.

YOUTH SUPER SPORTS AT DEER PATH **V**

SNEAKER JAM

3-4 years

Energizing class designed to introduce children to exercise through a variety of sports and gym games.

Monday 11:00-11:45 am

Wednesday 1:00-1:45 pm

ALL-SPORTS

4-6 years

Designed to introduce children to a variety of sports including soccer, basketball, T-ball, floor hockey and more!

Monday 1:00-2:00 pm

Tuesday 9:15-10:15 am

Wednesday 1:45-2:45 pm

GIRL POWER!

4-6 years

This course is specifically designed for girls. Sports covered include soccer, basketball, soft-ball, hockey, and much more.

Tuesday 10:15-11:15 am

INDOOR T-BALL

4-6 years

Focusing on the basic skills of baseball including hitting, throwing, catching and base running.

Friday 9:30-10:30 am

EXTREME SPORTS

4-6 years

Old school gym is back! Kids will have a blast playing dodgeball, capture the flag, floor hockey, basketball, lacrosse, and more!

Thursday 1:00-2:00 pm

FLAG FOOTBALL

4-6 years

This program is designed to introduce football to boys and girls at the beginners level. Skills include catching, throwing, chasing, running.

Friday 1:00-2:00 pm

SCORE!

4-6 years

This class is for the kid with lots of energy! Floor Hockey, Soccer and Pillo Polo will be played focusing on scoring goals and team play.

Tuesday 1:00-2:00 pm

LACROSSE SKILLS

5-8 years

This is a non-contact skill building class. Skills will include throwing, catching, scooping and shooting. Lacrosse sticks will be provided, although students are welcome to bring their own.

Wednesday 5:00-6:00 pm

FLOOR HOCKEY

4-9 years

Children will work on the fundamentals of stick handling, shooting, passing, defense and team play.

4-6 years Monday 2:00-2:45 pm

6-9 years Tuesday 4:00-5:00 pm

EXTREME SPORTS

5-8 years

Capture the flag, dodge ball, Ultimate Frisbee, kickball, extreme soccer, rock climbing wall and more!

Wednesday 4:00-5:00 pm

Tuesday 6:30-7:30 pm (7 years and up)

DODGEBALL

7 years and up

Have fun throwing and dodging a soft plastic ball. Join us for one of the newest and most popular sports at the YMCA.

Wednesday 7:00-8:00 pm

TENNIS KIDS

5 years and up

Designed to introduce the game of tennis, teaching proper techniques in front hand, back hand, serving, and game rules. Child must bring his/her own tennis racquet.

Bronze Level 5-7 years Tues. 5:00-5:45 pm

Bronze Level 5-7 years Wed. 6:15-7:00 pm

Silver Level 7-9 years Tues. 5:45-6:30 pm

YOUTH BASKETBALL

4-12 years

Excellent for player development! Focusing on the fundamentals of ball handling, passing, shooting, defense, team play and sportsmanship.

Beginner Level 4-6 years Thurs. 2:00-2:45 pm

Bronze Level 5-6 years Friday 4:00-4:45 pm

Silver Level 7-9 years Friday 4:45-5:30 pm

Gold Level 10-12 years Friday 5:30-6:30 pm

Fees for 45 minute classes:	Fees for 1 hour classes:
Family Full Member: \$35	Family Full Member: \$40
Program Member: \$81	Program Member: \$86

QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653