



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH AMBOY YMCA

YOUTH SPORTS & FITNESS PROGRAM SCHEDULE

Your child has the opportunity to progress at their own pace within a sport. We emphasize teamwork, individual development, and most of all fun! Our sport classes focus on basic eye, hand and foot skills to prepare you for the sport. No experience necessary!

Developmental Age Progression

Pee Wee (age: 3-5)	Rookie (age: 5-8)	All-Star (age: 8-12)	MVP (age: 12-17)
Learn the basic eye, hand and foot skills to prepare you for your sport. No experience necessary.	Little or no experience in the sport. Skills are developed and game situations are introduced.	Build on skills learned in "Developmental." Strategy is implemented with in game situations.	Take your game to the next level with age appropriate skills and drills. Perfect for any player!

Fall Program Schedule

Sept. 13- Oct. 30th

Day	Class (Ages)	Room	Cost
Monday			
4:00-5:00pm	Teen Strength (12-17)	Wellness Center	Member: \$144 Program Member: \$168
Tuesday			
3:45-4:15pm	Pee Wee Sports Sampler (3-5) NEW!	Studio	Member: \$42 Program Member: \$54
4:30-5:15pm	Speed & Agility (6-11) NEW!	Gym 1	Member: \$60 Program Member: \$72
5:15-6:00pm	Speed & Agility (12-17) NEW!	Gym 1	Member: \$60 Program Member: \$72
Wednesday			
5:15-6:00pm	Rookie Cyclone Basketball (5-8)	Gym 1	Member: \$60 Program Member: \$72
5:15-6:00pm	All-Star Cyclone Basketball (8-12)	Gym 1	Member: \$60 Program Member: \$72
6:00-7:00pm	Elite Skill Development (12-17) NEW!	Gym 1	Member: \$78 Program Member: \$108
Thursday			
3:45-4:15pm	Pee Wee Sports Sampler (3-5) NEW!	Studio	Member: \$42 Program Member: \$54
4:30-5:15pm	Rookie Soccer (5-8)	Gym 1	Member: \$60 Program Member: \$72
4:30-5:15pm	All-Star Soccer (8-12)	Gym 1	Member: \$60 Program Member: \$72
4:30-5:30pm	Teen Strength (12-17)	Wellness Center	Member: \$144 Program Member: \$168
5:15-6:00pm	Rookie Tennis (5-8)	Gym 1	Member: \$60 Program Member: \$72
5:15-6:00pm	All-Star Tennis (8-12)	Gym 1	Member: \$60 Program Member: \$72
Saturday			
9:15-9:45am	Pee Wee Sports Sampler (3-5)	Gym 1	Member: \$42 Program Member: \$54
9:45-10:30am	Rookie Cyclone Basketball (5-8)	Gym 1	Member: \$60 Program Member: \$72
9:45-10:30am	All-Star Cyclone Basketball (8-12)	Gym 1	Member: \$60 Program Member: \$72
10:30-11:30am	Elite Skill Development (12-17) NEW!	Gym	Member: \$78 Program Member: \$108

Private Elite Basketball Skill Development

For the high school basketball athlete working on developing and honing their skills to reach a higher level of playing. 4 or 8 session packages available, flexible scheduling with our sports staff!

Mini-travel Basketball (Grades 3rd & 4th)

Join our coed developmental travel league. Games are played against local YMCAs. Game length is four 8-minute quarters with substitutions occurring every four minutes. Season runs December to March

Cyclones Travel Basketball (Grades 5th/6th & 7th/8th)

Join our coed travel team. Games are played in the competitive YMCA Travel Basketball League. Try-outs are held in October. Homes games and practices are held at the South Amboy Y. Season runs December to March.

Teen Nights & Kids Night Outs

The Y will be hosting various Teen and KNO's throughout the school calendar year. Check our website for details!

Questions? Contact our Program Director Joseph Cohen at joseph.cohen@ymcaofmews.org