

CENTRAL QUEENS YM & YWHA

Another Quality Community Center of the Samuel Field Y
67-09 108th Street, Forest Hills, NY 11375
www.cqy.org www.centralqueensy.org/Facebook
Sports League Director: Adam Ostroff (718)-268-5011 ext 505



SPRING 2018

OUTDOOR YOUTH SPORTS AT FOREST HILLS HIGH SCHOOL

Instructional Outdoor Youth Soccer Program

**Co-ed Ages 3-12 years
beginning April 8, 2018**



Our soccer program offers your child, along with our enthusiastic coaches, the opportunity to learn fundamental soccer skills, game play and to have a positive team experience.

**FREE
SOCCER BALL**
If you sign
up by March 25th

(Offer only valid for
the soccer program)

Program Schedule

Ages 3-4: 1:15 - 2:10 pm
Ages 5-6: 1:15 - 2:10 pm
Ages 7-9: 2:15 - 3:10 pm
Ages 10-12: 2:15 - 3:10 pm

Outdoor Tee Ball League and Baseball Skills

**Ages 3-8 years old
beginning April 8, 2018**



An instructional and recreational program developed to teach fundamental skills. Ages 5-8 will focus on more complex skills and positioning on the field. Children will participate in game play as they develop their skills. Children will be placed by age. All ages need to bring a baseball mitt. Helmets are required for 5 - 8 year olds.

Tee Ball League
Ages 3-5 years: 12:15 - 1:05pm

Baseball Skills
Ages 5-8 years: 12:15 - 1:05pm

**9 Sundays (Soccer, Tee Ball and Lacrosse)
APRIL 8, 15, 22, 29 MAY 6, 13 JUNE 3, 10, 17
\$145 members*/\$165 non-members*
Tee shirt and trophy are included.**

*ALL programs, plus \$15 mandatory insurance fee per participant.

Outdoor Lacrosse

**Ages 7-10 years old
Beginning April 8, 2018**



Ages 7-10 years: 1:15-2:10pm

We are bringing back one of the hottest sports to the CQY! This introductory Lacrosse program focuses on the fundamentals; throwing, catching, scooping, cradling and shooting. Great for developing hand/eye coordination, balance, conditioning and burning some calories.
Bring your own Lacrosse Stick.

Outdoor Kids Tennis

**Ages 5-12 years old
Beginning April 8, 2018**



Join us for our children's Tennis program held outdoors at the Forest Hills High School tennis courts.

Ages 5-12 years 12:15-1:10pm Ages 7-12 years: 1:15-2:10pm
Ages 5-6 years: 2:15-3:10pm

Children will learn the fundamentals of tennis by utilizing modified nets, shorter court dimensions and low pressure balls. Lessons are fun, interactive and include activities to develop the skills to play tennis.
Bring your own racquet.

8 Sundays starting April 8th (\$150M*/\$170NM*)

*plus \$15 mandatory insurance fee per participant



Jr. NBA Basketball League Western Division 11-13 year old boys

Required Skills Evaluation/Clinic

Sunday, April 8th - 5:00-7:00 pm
Thursday, April 12th - 6:30-8:30 pm

Regular Season Scheduled Times:

Sunday Games

5:00-6:00 or 6:00-7:00 pm

Thursday Practices

6:30-7:30 or 7:30-8:30 pm

(Time are based on the schedule provided on April 15th)

10 week program - 20 sessions

\$220 members* / \$240 non-members*

***plus \$15 mandatory insurance fee per participant**

Jr. NBA Basketball League Senior Division NEW 13-15 year old boys

Required Skills Evaluation/Clinic

Sunday, April 8th - 7:00-9:00 pm
Tuesday, April 10th - 7:30-8:30 pm

Regular Season Scheduled Times:

Sunday Games

7:00-8:00 or 8:00-9:00 pm

(Time are based on the schedule provided on April 15th)

10 week program - 10 sessions

\$160 members* / \$180 non-members*

***plus \$15 mandatory insurance fee per participant**

Jr. NBA Basketball League Eastern Division 9-11 year old boys

Required Skills Evaluation/Clinic

Sunday, April 8th - 3:00-5:00 pm
Tuesday, April 10th - 5:30-7:30 pm

Regular Season Scheduled Times:

Sunday Games

3:00-4:00 , 4:00-5:00 pm

Tuesday Practices

5:30-6:30 or 6:30-7:30 pm

(Time are based on the schedule provided on April 15th)

10 week program - 20 sessions

\$220 members* / \$240 non-members*

***plus \$15 mandatory insurance fee per participant**



Our instructional yet competitive leagues feature full court games, referees, playoffs and championships. Team t-shirts are included and trophies are awarded to 1st and 2nd place teams. This 10 week program has limited enrollment, SIGN UP EARLY to ensure your child has a spot.



Jr. WNBA Central Division Basketball League for GIRLS aged 8-12 year old

NEW

Required Skills Evaluation/Clinic

Sunday, April 8th - 2:00-3:00 pm
Wednesday, April 11th - 6:30-8:30 pm

10 week program- 15 sessions

\$160 members* / \$180 non-members*

***plus \$15 mandatory insurance fee per participant**

Regular Season Scheduled Times:

Sunday Games

1:00-2:00 or 2:00-3:00 pm

Wednesday Practices

7:00 - 8:00 pm * (every other week practice)

(Time are based on the schedule provided on April 15th)

