

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



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 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.

SPRING 2018

OUTDOOR YOUTH SPORTS AT FOREST HILLS HIGH SCHOOL

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 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 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



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)

