

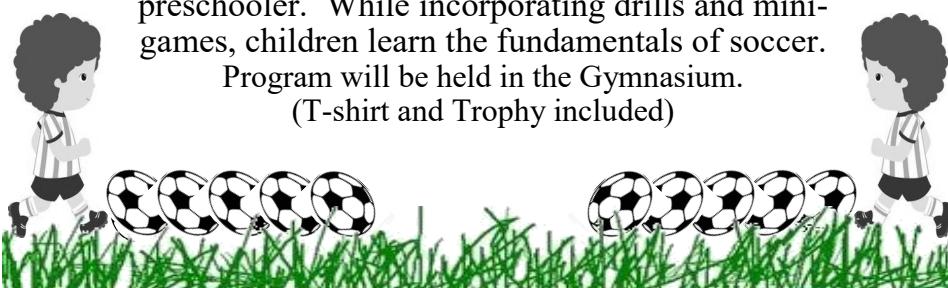
Winter 2019 Sunday Youth Sports

Indoor Jr. Soccer Shooters

**Ages 2 - 3 years: 10:15-11:00 a.m.
Ages 3 1/2 - 4 1/2 years: 11:00-11:45 a.m.**

An instructional program developed for your preschooler. While incorporating drills and mini-games, children learn the fundamentals of soccer.

Program will be held in the Gymnasium.
(T-shirt and Trophy included)



REGISTER EARLY AS SPACE IS LIMITED!



**10 Sundays: January 6, 13, 20, 27
February 3, 10, 24 March 3, 10, 24**

League	Age	Members	Non-Members
Indoor Jr. Soccer*	2-5 yrs	\$155	\$185
Hoop It Up!*	5-7 yrs	\$155	\$185
Skills Clinic*	8-11 yrs	\$155	\$185
Jr. NBA Central*	8-12 yrs	\$170	\$190
Jr. NBA Eastern*	10-11 yrs	\$230	\$250
Jr. NBA Western*	12-13 yrs	\$230	\$250

*Additional \$15 insurance required if not already paid for this year July 1, 2018—June, 30th 2019

Commonpoint Queens Central Queens

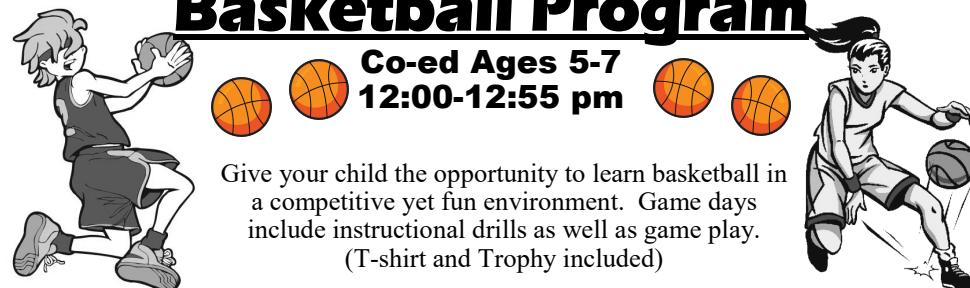
67-09 108th Street Forest Hills, NY 11375
(718)268-5011 ext. 505 www.cqy.org



HOOP IT UP!

Basketball Program

**Co-ed Ages 5-7
12:00-12:55 pm**

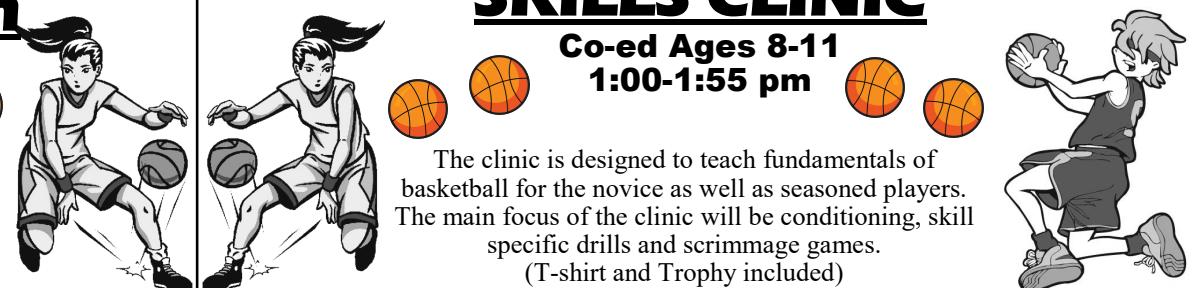


Give your child the opportunity to learn basketball in a competitive yet fun environment. Game days include instructional drills as well as game play.
(T-shirt and Trophy included)

BASKETBALL SKILLS CLINIC

**Co-ed Ages 8-11
1:00-1:55 pm**

The clinic is designed to teach fundamentals of basketball for the novice as well as seasoned players. The main focus of the clinic will be conditioning, skill specific drills and scrimmage games.
(T-shirt and Trophy included)





Jr. NBA Basketball League Western Division 12-13 year old boys

Required Skills Evaluation/Clinic

Sunday, January 6th - 6:00-8:00 pm
Thursday, January 10th - 6:30-8:30 pm

Regular Season Scheduled Times:

Sunday Games

6:00-7:00 or 7:00-8:00 or 8:00-9:00 or 9:00-10:00pm

Thursday Practices

6:30-7:15 or 7:15-8:00 or 8:00-8:45pm

(Time are based on the schedule provided on Jan. 13th)

10 week program - 20 sessions

\$230 members* / \$250 non-members*

*\$25 Uniform Fee, plus additional \$15 insurance required if not already paid for this year
July 1, 2018—June, 30th 2019

Jr. NBA Basketball League Eastern Division 10-11 year old boys

Required Skills Evaluation/Clinic

Sunday, January 6th - 4:00-6:00 pm
Tuesday, January 8th - 5:30-8:30 pm

Regular Season Scheduled Times:

Sunday Games

3:00-4:00 or 4:00-5:00 or 5:00-6:00 or 6:00-7:00pm

Tuesday Practices

5:30-6:15 or 6:15-7:00 or 7:00-7:45 or 7:45-8:30pm

(Time are based on the schedule provided on Jan. 13th)

10 week program - 20 sessions

\$230 members* / \$250 non-members*

*\$25 Uniform Fee, plus additional \$15 insurance required if not already paid for this year
July 1, 2018—June, 30th 2019

Our instructional yet competitive leagues feature full court games, referees, playoffs and championships. Team trophies are awarded to the 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, January 6th- 2:00-3:00 pm

Wednesday, January 9th- 7:00-8:00 pm

10 week program- 15 sessions

\$170 members* / \$190 non-members*

*\$25 Uniform Fee, plus additional \$15 insurance required if not already paid for this year July 1, 2018—June, 30th 2019

Regular Season Scheduled Times:

Sundays

2:00-3:00 pm

Wednesdays

7:00 - 7:45 or 7:45 - 8:30 pm

(Time are based on schedule provided on January 13th)

