

# FALL 2019 YOUTH SPORTS | Ages 3 – 15

ALL CLASSES START IN SEPTEMBER



Keeping your children active is easy at the 14th Street Y, where youth sports classes and leagues run six days a week. Our classes focus on skill development in a fun, low-key setting. Support, encouragement, and enthusiasm are our building blocks. We leave high pressure and competition at the door.

Choose from a variety of basketball clinics and classes, including girls-only hoops, as well as non-contact flag football (in collaboration with the NFL's Youth Flag Football League), soccer, tumbling and gymnastics, ballet, and a groovin' dance and movement class for four- and five-year olds.

Children of all ages and talent levels grow their self-esteem in the 14th Street Y's sports and league programs, and they build teamwork, integrity and leadership skills along the way.

## YOUTH FLAG FOOTBALL

SUNDAYS AGES 5 – 15

Get ready for another exciting season of Flag Football in collaboration with the NFL Youth Flag Football League, starting fall 2019! A developmental league, players are evaluated during the first two sessions and are placed in appropriate competition groups. Players are taught proper techniques in catching, throwing, running, and defending. All players will be given enough playing time to qualify for a chance to win either defensive player of the year, offensive player of the year, or MVP. Competition is taught in a nurturing environment.

### 5 – 6 YEARS OLD

This class will focus on teaching the basic motor skills necessary for flag football in a low-stress environment.

### 7 – 8 YEARS OLD

This class will build the fundamentals needed in flag football. Children will be taught how to catch a pass, receive a hand-off, and pull flags.

### 9 – 11 YEARS OLD

This class focuses more on playing the game and the execution of the playbook, as well as skills development. Each player will have a role on the team.

### 12 YEARS OLD AND UP

This class is an exhibition of both skill and leadership. Players in this division will be empowered to take ownership of not only their team, but their playbooks. They will be supported by their coaches who will assist the team in building the skills and an attitude that breeds confidence.

Learn more about Flag Football and sign-up to be the first to know when fall registration becomes available at

**[14StreetY.org/FlagFootball](http://14StreetY.org/FlagFootball)**



FLAG FOOTBALL



## BALLET

AGES 3 – 7

Can you say plié? Creative movement encourages self-expression. Beginners enjoy stretching, leaping and improvisational movement while combining dance and theatre techniques. Intermediate dancers develop basic foot, arm and body placement and posture. Students work at the bar for balance and development of strength, discipline and flexibility.

## DRIBBLE THRILL BBALL

AGES 6 – 8

This is a wonderful introduction to basketball for those who have not played before as well as a chance for spring ballers to continue to develop their skills with Coaches Joey and Gil.

## REBOUNDS & BUCKETS BBALL COED

AGES 8 – 9

Coaches Joey, and Gil return to the court this fall! Players develop skills of the game; ball handling, shooting, rebounding, passing, and defense. As players become stronger they will begin to apply their skills to game situations as well as learn the rules; all in a fun and supportive environment.

## HARD TO GUARD BBALL COED

AGES 9 – 14

For players who have played basketball before and are looking to excel. Players in this class must have prior experience with us or will be given an evaluation during the first class.



DRIBBLE THRILL BASKETBALL



GIRLS ONLY BASKETBALL



TUMBLING & GYMNASTICS

## GIRLS ONLY BASKETBALL

AGES 6 – 14

Geared toward girls who have a passion for basketball and want to improve their game, this class will focus on individual skills including; dribbling, shooting, passing, defense and rebounding. The skills are developed during mock basketball game situations as well as drills. This is a fun, stamina building way to learn basketball.

## TUMBLING & GYMNASTICS

AGES 4 – 7

This program introduces your child to tumbling and gymnastics, focusing on basic mat exercises, balance beam, and cart wheels while improving your child's strength, balance, flexibility and coordination in a non-competitive environment.

Learn more or register at [14StreetY.org/YouthSports](https://14StreetY.org/YouthSports)