

YOUTH SPORTS AGES 3 – 14

WINTER/SPRING SEMESTER

FEBRUARY 10 – JUNE 15



DRIBBLE THRILL BBALL

AGES 5 – 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 7 – 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.

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.

Learn more and register at 14StreetY.org/YouthSports. All youth sports classes are rolling admission and prorated! For more information, please contact Gil Pagan, Youth Sports Coordinator, at GPagan@14StreetY.org or call 646-395-4309.



YOUTH CLASSES AGES 3 – 12

WINTER/SPRING SEMESTER

FEBRUARY 3 – JUNE 15

BALLET

AGES 3 – 8

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.

TUMBLING & GYMNASTICS

AGES 3 – 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 noncompetitive environment.

NEW! ADVANCED YOUTH PHOTOGRAPHY

Grades 3 – 5

Students can learn skills using professional cameras and equipment from our professional photographer, Bridget Badore!

Learn more and register at 14StreetY.org/YouthClasses
For more information, please contact Cat Kenny, After School Program Manager, at CKenny@14StreetY.org or call 646-395-4339.

