

329 Culver Road

**SOUTH BRUNSWICK FAMILY YMCA**  
 Monmouth Junction, NJ 08852

732-329-1150

**Winter 2012 Sports Classes (January 9 – March 4)**  
**Registration Begins December 12 & 19 (Required for all Classes)**

**Sports and Enrichment Classes**  
**\$65 Full Facility/ \$130 Program Member**

DAY	CLASS	LEVEL	TIME	
Tuesday	Soccer - 1	3-5 years	5:30- 6:15pm	<p><b>Soccer: Class ratio 10:1:</b> For children 3-8 years old. This soccer class combines skills and drill with scrimmage games. In addition to learning the fundamentals children will learn about the value of teamwork and sportsmanship. Shin guards are highly recommended.</p> <p><b>Basketball: Class ratio 10:1:</b> Participants 5 years old and up will learn skills such as dribbling, shooting and defense in a fun filled atmosphere. Scrimmage games which will stress technique, teamwork and character development will be played.</p> <p><b>Flag Football: Class ration 10:1:</b> Participants learn the tactics and skills and play the game of football. Children have fun and are coached to show mastery of the four sport content areas: Knowledge, skill, character and participation.</p> <p><b>Mini Tennis: Class Ratio 10:1:</b> A Class for Children 5 - 10 years old will learn basic Tennis/skills and develop eye coordination. The children will be using a smaller Court and slower ball. Mini-Tennis is a great way to develop the skills of the young players and it's USTA approved. A tennis racquet is required.</p> <p><b>Super Sports: Class Ratio 10:1:</b> Children 5-8 years old will enjoy the opportunity to explore several sports during one session. Instruction focuses on basic skill progression in Wiffle Ball, Soccer, Basketball, Flag Football.</p> <p><b>Badminton for Adults/Teens: Class ratio 8:1:</b> This racket sport class is for children aged 6 – 12 years old and is a great opportunity for children to build stamina, strength and speed. Instruction focuses on the rules of the game, rallies and point scoring. A badminton racquet is required.</p> <p><b>Street Floor Hockey: Class ratio 20:1:</b> Children 6-12 years old will enjoy a program designed by the 2003 Stanley Cup Champions, New Jersey Devils. Hockey fundamentals and rules will be taught and players will be involved in fast-paced games. A mouth guard and water bottle are required. Players will receive a NJ Devils Play Book.</p>
	Soccer – 2	6-8 years	6:30 -7:15pm	
Wednesday	Basketball – 1	5-6 years	5:30-6:15pm	
	Basketball – 2	7-8 years	6:30-7:15pm	
Thursday	Badminton – 1	6 -8 years	5:30-6:15pm	
	Badminton – 2	9-12yr/ Adult - Teen	6:30-7:15pm	
Friday	Mini Tennis Beginners – 1	5-8 years	5:30-6:15pm	
	Street Hockey Beginners – 1	6 -12 years	6:30-7:15pm	
Saturday	Basketball – 3	9-14 years	9:00-9:45am	
	Flag Football - 1	9-12 years	10:00- 10:45am	
	Flag Football - 2	5-8 years	11:00- 11:45am	
	Soccer – 3	3-5 years	12:00- 12:45pm	

AS A COURTESY TO OTHERS AND TO ENSURE YOUR SAFETY, PLEASE BE ON TIME TO CLASS

[www.southbrunswickymca.org](http://www.southbrunswickymca.org)

Updated December 5, 2011