

## YOUTH SPORTS PROGRAMS FOR FALL 2019

### NURSERY SCHOOL AGED CLASSES

#### **NURSERY GYMNASTICS - Ages 3-5**

Wednesdays - Oct. 16, 23, 30, Nov. 6, 20, 27, Dec. 4, 11, 18  
3:30-4:15 p.m.  
\$140 members / \$160 non-members

#### **INDOOR PLAYGROUND - Ages 5 and under**

Wednesdays - Oct. 16, 23, 30, Nov. 6, 20, 27, Dec. 4, 11, 18  
10:45-11:45 a.m.  
\$8 for each child/adult and \$2 per additional  
child/adult

#### **PRE-K SOCCER - Ages 3-5**

Mondays - Oct. 7, 21, 28, Nov. 4, 18, 25, Dec. 2, 9, 16  
3:30-4:15 p.m.  
\$140 members / \$160 non-members

#### **ALL SORTS OF SPORTS - Ages 3-5**

Tuesdays - Oct. 15, 22, 29, Nov. 12, 19, 26, Dec. 3, 10, 17  
3:30-4:15 p.m.  
\$140 members / \$160 non-members

#### **PRE-K BASKETBALL - Ages 3-5**

Sundays - Oct. 6, 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 22  
3:15-4:00 p.m.  
\$140 members / \$160 non-members

### ELEMENTARY SCHOOL AGED CLASSES

#### **BASKETBALL CLINIC - Ages 5-10**

Sundays - Oct. 6, 27, Nov. 3, 10, 17, 24, Dec. 1, 8, 22  
4:00-5:15 p.m.  
\$140 members / \$160 non-members

#### **AFTER SCHOOL WIFFLE BALL - Ages 5-11**

Mondays - Oct. 7, 21, 28, Nov. 4, 18, 25, Dec. 2, 9, 16  
4:30-5:30 p.m.  
\$140 members / \$160 non-members

#### **AFTER SCHOOL BASKETBALL CLINIC - Ages 5-11**

Wednesdays - Oct. 16, 23, 30, Nov. 6, 20, 27, Dec. 4, 11, 18  
4:45-5:45 p.m.  
\$140 members / \$160 non-members

#### **AFTER SCHOOL SOCCER CLINIC - Ages 5-11**

Tuesdays - Oct. 15, 22, 29, Nov. 12, 19, 26, Dec. 3, 10, 17  
4:45-5:45 p.m.  
\$140 members / \$160 non-members

### Class Descriptions:

\***NURSERY GYMNASTICS** - A fundamental gymnastics class where children will be taught tumbling and the proper use of the balance beam and vaulting horse with an emphasis on fun.

\***INDOOR PLAYGROUND** - A safe and fun environment for children to play and interact with other children in a playground setting. No pre-registration is required; classes are ongoing. Adult participation required.

\***PRE-K SOCCER** - The perfect intro to soccer, played indoors during the colder months. Children learn to dribble, pass, and shoot.

\***ALL SORTS OF SPORTS** - Children learn the fundamentals of basketball, baseball, kickball and more!

\***BASKETBALL** - Learn the fundamentals of basketball in a safe and nurturing environment. Dribble, pass, shoot, defense and offense, etc.

\***SOCCER CLINIC** - Learn skills, do drills and have fun in a class taught by certified teachers and instructors

\***WIFFLE BALL** - The perfect intro to baseball, played indoors during the colder months. Children learn stance, swing, fielding and throwing.

**For more information or to register please contact Dane Warren at  
(718) 225-6750 ext. 229 or by email at [DWarren@CommonpointQueens.org](mailto:DWarren@CommonpointQueens.org)**