TOWN OF NORTH HEMPSTEAD
"YES WE CAN" COMMUNITY CENTER
INSTRUCTIONAL YOUTH SPORTS

REGISTRATION ONGOING
CLASSES RUN THROUGH DECEMBER 20TH. 2020
FREE TO ALL "YES WE CAN" MEMBERS

SOCCER
*5-7YEARS/ SATURDAYS 9:15AM - 10:00AM
8-10YEARS/ FRIDAYS 4:00PM - 4:45PM
11-12YEARS/ FRIDAYSS 5:00PM - 5:45PM

KICK, PASS, RUN
Youth Indoor Instructional Soccer will focus on the fundamental techniques of the game and provide physical conditioning that develops stamina and endurance. Participants will learn skills such as dribbling, passing, ball control, defense and game techniques.

BASKETBALL
*5-7YEARS/ SATURDAYS 10:15AM - 11:00AM
8-10YEARS/ MONDAYS 4:00PM - 4:45PM
11-12YEARS/ MONDAYS 5:00PM - 5:45PM

DRIBBLE, SHOOT, SCORE
Youth Instructional Basketball will introduce the concept of teamwork and instill self-confidence in participants. Classes will provide total skill development involving all aspects of the game which include dribbling, passing, scoring, and defense.

VOLLEYBALL
8-10YEARS/ FRIDAYS 4:00PM - 4:45PM
11-12YEARS/ FRIDAYS 5:00PM - 5:45PM

BUMP, SET, SPIKE
Youth Instructional Volleyball is designed to offer basic volleyball skills which include the fundamentals of serving, passing, spiking and blocking. Rules and court strategy will also be part of the course as well as scientific foundations of healthy living and play.

FLAG FOOTBALL
*5-7YEARS/ SATURDAYS 11:15AM - 12:00PM
8-10YEARS/ WEDNESDAYS 4:00PM - 4:45PM
11-12YEARS/ WEDNESDAYS 5:00PM - 5:45PM

THROW, CATCH, RUN
Youth Instructional Flag Football will tackle all key aspects of football, the basic rules of the game, and skill development. Members will learn important skills such as throwing, catching, running, and playing defense.

BASEBALL
*5-7YEARS/ SATURDAYS 12:15PM - 01:00PM
8-10YEARS/ TUESDAYS 4:00PM - 4:45PM
11-12YEARS/ TUESDAYS 5:00PM - 5:45PM

HIT, PITCH, FIELD
Youth Instructional Baseball will teach members the fundamentals of baseball as well as the rules of the game. Experienced coaches will teach various skills such as hitting, pitching, fielding, and base running.

NORTH HEMPSTEAD "Yes We Can" COMMUNITY CENTER

- ✓ Active "Yes We Can" Membership is required for program enrollment
- ✓ Parents are required to remain with 5 – 7 year olds during programs*
- ✓ No classes will be held November 23th, 2020 – November 29th, 2020
- ✓ Temperature checks for all participants will be performed at the front desk

FOR MORE INFORMATION PLEASE CALL (516) 876 – 4430/ 4431