

SUSSEX COUNTY YMCA

RATES AND DATES

Day	Class	Ages	Time	Fee
Monday	SCY Soccer Club Grades	6-8	4:30-5:15pm	\$13/class
	SCY Soccer Club Grades	7-9	5:30-6:15pm	\$13/class
Tuesday	SCY Basketball Clinic	10-12	4:30-5:15pm	\$13/class
	SCY Archery Level 1	8-13	5:30-6:15pm	\$13/class
Wednesday	SCY Basketball Clinic	8-10	4:30-5:15pm	\$13/class
	SCY Basketball Clinic	12-14	5:30-6:15pm	\$13/class
Thursday	SCY T-Ball	3-5	4:30-5:15pm	\$13/class
Saturday	SCY Pre-K Soccer Club	3-5	9-9:45am	\$13/class
	Pre-K Basketball Clinic	3-5	10:30-11:15am	\$13/class
	SCY Basketball Clinic	6-8	11:30-12:15pm	\$13/class

REGISTER AT
METROYMCAS.ORG
OR SCAN HERE.



SCAN ME



This is not a school sponsored event. The Y is a non-profit organization. Our mission: Strengthen community through youth development, healthy living, and social responsibility. Financial assistance for memberships and programs is available for those who qualify.

YOUTH SPORTS AND ACTIVITIES

Playing sports has numerous benefits to a child's physical well-being, but did you also know that sports can impact their mind?

When kids run, shoot hoops or go for a swim, they're naturally stimulating chemicals in their bodies. That physical activity releases endorphins, reduces the stress hormone cortisol, and stimulates norepinephrine, which improves mood. Beyond the chemical reactions that occur, there are other ways sports can be a positive outlet for kids struggling with anxiety, depression and other behavioral problems.

Through Y youth sports programs, millions of children today are cultivating the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement.

The YMCA believes that its youth sports programs can help

- Grow personally
- Build confidence
- Clarify values
- Learn resilience
- Improve relationships
- Appreciate diversity
- Develop leadership skills and have fun!

SUSSEX COUNTY YMCA
15 WITS END RD. HARDYSTON, NJ
973-758-9039



Sports we offer include:

- Competitive basketball
- Youth basketball
- T-Ball
- Soccer
- Archery and much more