

YEAR –AT-A-GLANCE SPORTS & FITNESS

The Aberdeen Proving Ground (APG) Child and Youth Services CYS Sports & Fitness program offers various opportunities for children to participate in sports. The program provides support for children aged 3-18 years to encourage healthy, life-long habits.

Team sports are only available with the participation of volunteer coaches and assistants. Team sports practices held weekdays, Monday through Thursday with ages 4-10 at 5:30 and ages 11-15 at 6:30 (subject to change based on volunteer availability). Coaches are trained and certified by the National Alliance of Youth Sports (NAYS) and must have a completed background check. Players must be registered with CYS to enroll in a sport. Sports Physicals are good from 1 year of last exam. **(summer is best time to get yearly physical)**

SPORT	AGES	REGISTER	PRACTICE	SEASON	FEE	COMMENTS
Indoor Soccer	4-6, 7-10, 10-15	Oct Dec	4-11 (Sat) 12-15 (Mon)	4-11 Nov-Dec 12-15 Jan-Feb	\$60	Played in YS Gym (Games only)
T-Ball	4-6	Feb	Apr	May-Jun	\$60	Must be 4 by Apr 1
Baseball	7-8	Feb	Apr	May-Jun	\$60	Age as 1 Apr
Basketball Camp	7-11	Apr-May	Jun-July	Jun-July	\$60	Age as of 23 Jun
Jr. Golf summer	5-17	May	Jun	Jun-July	\$80	Age as of 20 Jun
Cheerleading	5-14	Oct	Dec-Feb	Dec-Feb	\$60	Age as of 1 Dec
Start Smart Football	3-5	May	June-July	Jun-July	\$30	Must be 6yrs old
Flag Football	5-14	Feb-March	April	Apr-Jun	\$60	Age as of 1 Sept
Start Smart Football	3-5	April	May-June	May-June	\$30	Must be 3 by start date
Basketball (League)	7-14	Oct-Nov	Dec	Jan-Mar	\$60	Age as of 31 Dec
Basketball (Clinic)	4-6	Oct-Nov	Nov	Nov-Dec	\$60	Age as of 31 Dec
Soccer (League)	6-14	May-June	Aug	Sep-Nov	\$60	Age as of 31 Jul
Soccer (Clinic)	4-5	May-June	Aug	Sep-Oct	\$60	Age as of 31 Jul
Jr. Golf Spring	5-17	Feb	Apr - May	Spring	\$80	Age 5 by start of practice
Start Smart soccer	3-5	May	June - July	June-July	\$30	Age 3 by start of program
Start Smart Baseball	3-5	Apr	May - June	May- June	\$30	Age 3 by start of program
Speed and Agility	6-17	Jan Mar May	Feb-March Apr-May June-July	Feb-March Apr-May June-July	\$30	Must be 6 by start date
Start Smart Basketball	3-5	Feb	March-Apr	March-Apr	\$30	Must be 3 by start date