

# YEAR –AT-A-GLANCE

## SPORTS & FITNESS

The Aberdeen Proving Ground (APG) Child and Youth Services CYC Sports & Fitness program offers various opportunities for children to participate in sports. The program provides support for children ages 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 CYC in order to enroll in a sport. Sports Physicals are good from 2 years of last exam.

SPORT	AGES	REGISTER	PRACTICE	SEASON	FEE	COMMENTS
T-Ball	4-5	Feb	Apr	May-Jun	\$50	Must be 4 by Apr 1
Baseball	6-12	Feb	Apr	May-Jun	\$50	Age as 1 Apr
Softball (Girls)	8-18	Feb	Apr	Apr-Jun	\$50	Age as of 1 Jan
Jr. Golf summer	7-18	May	Jun	Jun-Aug	\$80	Age as of 20 Jun
Tennis	7-18	May	Jun	Jun-Aug	\$70	Age as of 20 Jun
Start Smart Football	3-5	Feb	Apr & May	Apr & May	\$30	Must be 6yrs old
Flag Football	6-8	Feb	Mar	Apr-Jun	\$50	Age as of 1 Sept
Cheerleading	6-15	Oct-Nov Feb	Jan & Feb Apr -June	Basketball Flag football	\$50	Age as of 31 Dec Ages as of 1 Apr
Basketball (League)	7-14	Oct-Nov	Dec	Jan-Mar	\$50	Age as of 31 Dec
Basketball (Clinic)	4-6	Oct-Nov	Nov	Nov-Dec	\$50	Age as of 31 Dec
Soccer (League)	6-14	Jul	Aug	Sep-Nov	\$50	Age as of 31 Jul
Soccer (Clinic)	4-5	Jul	Aug	Sep-Oct	\$50	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	Aug	Sep & Oct	Sept & Oct	\$25	Age 3 by start of program
Start Smart Baseball	3-5	Apr	May & June	May & June	\$25	Age 3 by start of program
Speed and Agility	6-17	Aug Dec	Sept & Oct/ Jan & Feb	Fall Winter	\$30	Must be 6 by start date
Start Smart Basketball	3-5	Dec	Jan & Feb	Jan & Feb	\$30	Must be 6 by start date