

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 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 CYS in order to enroll in a sport. Sports Physicals are good for 1 year. Summer is the best time to get sports physicals for school year.

SPORT	AGES	REGISTER	PRACTICE	SEASON	FEE	COMMENTS
Indoor Soccer	4-6, 7-11, 12-15	Oct for 4-11 Dec for 12-15	4-11 (Sat) 12-15 (Mon)	4-11 Nov/Dec 12-15 Jan/Feb	\$30	Played in YS Gym No practices (games only)
T-Ball	4-5	Feb	April	May-Jun	\$60	Must be 4 by Apr 1
Baseball	6-8	Feb	April	May-Jun	\$60	Age as 1 Apr
Softball (Girls)	8-18	Feb	April	Apr-Jun	\$60	Age as of 1 Sept
Jr. Golf summer	5-17	May	June	Jun-Aug	\$80	Age as of 20 Jun
Tennis	7-18	May	June	Jun-Aug	\$70	Age as of 20 Jun
Start Smart Football	3-5	April	May & June	Apr & May	\$30	Must be 6yrs old
Flag Football	5-14	Feb/March	April	Apr-Jun	\$60	Age as of 1 April
Cheerleading	6-15	Oct-Nov Feb	Jan & Feb Apr -June	Basketball Flag football	\$60	Age as of 31 Dec Ages as of 1 Apr
Basketball (League)	7-14	Oct-Nov	December	Jan-Mar	\$60	Age as of 31 Dec
Basketball (Clinic)	4-6	Oct-Nov	November	Nov-Dec	\$60	Age as of 31 Dec
Soccer (League)	7-15	May/June	August	Sep-Nov	\$60	Age as of 31 Jul
Soccer (Clinic)	4-6	May/June	August	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	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	Feb, May, Aug	Sept & Oct/ Jan & Feb	Fall Winter	\$30	Must be 6 by start date
Start Smart Basketball	3-5	Feb	March April	March April	\$25	Must be 6 by start date

