



HOPEWELL VALLEY YMCA

TOM JACKSON AFTERSCHOOL ENRICHMENT PROGRAMS

WINTER 2022

7 week programs

January 10 – March 11, 2022

Fee: \$125/person



REGISTER ONLINE

www.hvymca.org

Basketball Basics

Basketball Basics is a program that offers fun, age – appropriate skills, drills and games to expand on the participant’s love of basketball. Participants will learn to develop their individual skills by working on conditioning and agility drills, along with building on fundamental basketball drills; dribbling, shooting, passing, defense, teamwork and discipline. Each week classes will finish with a basketball game to continue developing the skills.

Grades K-2

Bear Tavern	Mondays	3:30 – 4:45 pm
Hopewell	Tuesdays	3:30 – 4:45 pm
Stony Brook	Wednesdays	3:30 – 4:45 pm
Toll Gate	Thursdays	3:30 – 4:45 pm

Grades 3-5

Bear Tavern	Tuesdays	3:30 – 4:45 pm
Hopewell	Wednesdays	3:30 – 4:45 pm
Stony Brook	Thursdays	3:30 – 4:45 pm
Toll Gate	Mondays	3:30 – 4:45 pm

Volleyball Enrichment

Volleyball is one of the fastest-growing sports in the Hopewell Valley. Students will learn the basics of volleyball and provide them with the concepts necessary to begin their volleyball career. From going over the court dimensions to gameplay, offensive and defensive awareness and ball control, students will leave the program more informed and with a love of the game.

Grades 3 - 5

Bear Tavern	Thursdays	3:45 – 4:45 pm
Hopewell	Mondays	3:45 – 4:45 pm
Stony Brook	Tuesdays	3:45 – 4:45 pm
Toll Gate	Wednesdays	3:45 – 4:45 pm

