

RYE YMCA MIDDLE SCHOOL SPORTS

Private and Semi-Private



BASKETBALL STRENGTH, SPEED & AGILITY

The focus of this program will be to enhance linear (straight) and lateral (side-to-side) movement patterns, refine hand-eye-foot coordination, develop core and arm strength, as well as working on balance to help ankle and knee health.

BASEBALL/SOFTBALL STRENGTH, SPEED & AGILITY

This program will focus on improving fundamental movements (core stabilization, squat, lunge, pushup, etc.) to further enhance throwing, hitting, and sprinting.

SOCCER STRENGTH, SPEED & AGILITY

The focus of this program will be to refine sprinting mechanics, improve eye-foot coordination, and strengthen the legs and core to promote quicker and stronger movement on the field.

STRONG, FIT FEMALE

The Strong, Fit Female program is designed for girls who are either looking to get started in or are already involved in athletic activity—sports, dance, etc. We believe it's important for young girls to feel confident & proud in their athletic performance, so this program focuses on fundamental strength and fitness principles for girls to promote self-assurance and an active lifestyle.

To learn more about training options for middle schoolers, call (914)967-6363
email Tatumnussbaum@ryeymca.org