

Sports and Athletics



Preschool and youth classes are designed to introduce children to sports through fun and play. The goal of the preschool classes is to introduce your child to the sport, and the goal of the youth program is to teach fundamental skills of the sport. Children MUST be the age listed for class by the class starting date. Parent/guardian is required to remain on site while class is being conducted. In case of inclement weather on day of activity, please check the Activities Hotline at 259-3232.

Tot Shots (ages 3-5)

Time to lace-up your basketball shoes and play some ball. Come learn the basic skills of basketball through games, drills and relays. This class is designed to introduce children to the sport of basketball in a fun atmosphere.

Instructor: Brandon Brown. JCWCC

T 9/20-10/11 10-10:45am \$35/\$30 509107-A

T 10/25-11/15 10-10:45am \$35/\$30 510107-A

T 1/10-1/31 10-10:45am \$35/\$30 501107-A

T 2/7-2/28 10-10:45am \$35/\$30 502107-A

Sandlot Tots (ages 3-5)

Come play in the dirt... and learn the fantastic game of T-ball. Hitting, fielding, base running and throws taught in a fun atmosphere. No equipment necessary but if you have a favorite glove, please bring it. Instructor: Brandon Brown. JCWCC

Th 9/22-10/13 10-10:45am \$35/\$30 509070-A

Tumble Tots (ages 3-5)

We'll have them head over heels for this class. Learn basic tumbling, motion skills and group cooperation through music and play. Instructor: Haiti Johnson. JCWCC

Sat 9/24-10/15 10-10:45am \$35/\$30 509011-A

Sat 10/29-11/19 10-10:45am \$35/\$30 510011-A

Sat 1/7-1/28 10-10:45am \$35/\$30 501011-A

Sat 2/4-3/3* 10-10:45am \$35/\$30 502011-A

*no class 2/26



Half Pint Soccer (ages 3-9)

Learn the basics of soccer through games, relays and drills. Children should come dressed to play. No equipment is necessary. Instructor: Camilla Eckenrode. JCWCC

(ages 3-5)

Sat 9/17-10/22 9:30-10:15am \$45/\$40 509030-A

Sat 11/5-12/17* 9:30-10:15am \$45/\$40 511030-A
*no class 11/26

Sat 1/7-2/11 9:30-10:15am \$45/\$40 501030-A

(ages 6-9)

Sat 9/17-10/22 10:30-11:15am \$45/\$40 509030-B

Sat 11/5-12/17* 10:30-11:15am \$45/\$40 511030-B
*no class 11/26

Sat 1/7-2/11 10:30-11:15am \$45/\$40 501030-B

Multi-Sport Minis (ages 3-9 years)

Come have fun in the most assorted class of all. Learn the basics of soccer, T-ball and basketball taught through games, drills and relays in a fun and safe atmosphere. Instructor: Camilla Eckenrode. JCWCC

(ages 3-5)

Sat 9/17-10/22 11:30-12:15pm \$45/\$40 509060-A

Sat 11/5-12/17* 11:30-12:15pm \$45/\$40 511060-A
*no class 11/26

Sat 1/7-2/11 11:30-12:15pm \$45/\$40 501060-A

(ages 6-9)

Sat 9/17-10/22 12:30-1:15pm \$45/\$40 509060-B

Sat 11/5-12/17* 12:30-1:15pm \$45/\$40 511060-B
*no class 11/26

Sat 1/7-2/11 12:30-1:15pm \$45/\$40 501060-B

Youth Golf

Little Chippers/Little Drivers (ages 5-10)

These introductory golf classes teach the basics of driving, putting, stance, chipping and rules. A limited number of clubs provided by Sticks for Kids.

Must wear proper golf attire and shoes; no jeans allowed. WNGC

Little Chippers (ages 5-7)

F 9/16-10/7 5:30-6:30pm \$65/\$60 509110-A

Little Drivers (ages 8-10)

F 9/16-10/7 5:30-6:30pm \$65/\$60 509120-A

Special Interest

Beginner Fencing (ages 8+)

This camp will introduce the new student to the basics of fencing, including instruction on proper movement, attacking and defending, and using the Foil. Activities will include paired drills and fencing against other students as well as judging bouts. Focus will be on correct form, footwork and the fundamentals. All equipment provided. JCWCC.

Todd Covington All-Star Kicking Clinics (ages 10-18)

Instruction will include how to implement the proper techniques to be a successful field goal kicker, a kickoff and punting specialist and how to snap and hold a football. Detailed instruction on technique, physical and mental preparations, surface and weather adaptations and resources for improvement. For more information including dates, times and cost or to register, please visit www.tckicking.com.

Beginner Pickleball (ages 14+)

Pickleball is a fast growing hybrid of tennis and badminton and is easy to learn, fun and can quickly develop into a fast paced, competitive game. Lessons and games are held on Tuesday, Thursday and Saturday at Mid County Park. An experienced Williamsburg Pickleball player will provide a brief and fun instruction in rules, scoring and equipment, fundamentals of serving, volleying and then transition you into the game. Visit www.usapa.org for details on the sport or call Ted Hanson (757) 645-3629 or Gary Bock (757) 561-1193 for more information.

Basketball Technique (all ages)

For complete description, see page 17.

W 11/30 1:30-2:30pm \$5 311651-A

Soccer Clinics

(ages 4-18)

Looking for an opportunity to improve your child's soccer skills or get them ready to play in the spring league? JCC is offering a soccer skills clinic for players who want to train to improve their game, as well as stay in shape during the off season. Covered shin guards are a must, soccer cleats not needed as majority of training will take place indoors. Instructor: Camilla Eckenrode. All classes at JCWCC.

(ages 4-5)

Learn basic skills such as dribbling (keeping the ball close), stopping, turning and cutting. Get introduced to shooting, passing and shielding techniques. Train to retrieve and defend a ball.

T 1/10-2/21* 5:30-6:30pm \$65/\$60 501008-A
*no class 2/14

(ages 6-7)

Learn basic ball control skills through fun games and drills. Get introduced to new moves and improve on your shooting, passing and shielding techniques.

T 1/10-2/21* 6:30-7:30pm \$65/\$60 501008-B
*no class 2/14

(ages 8-9)

Learn individual moves through fun games and drills. Work on shielding, shooting and passing techniques.

W 1/11-2/15 5:30-6:30pm \$65/\$60 501008-C

(ages 10-11)

Learn basic skills and individual moves through games and drills. Work on shooting, passing and receiving techniques. Attacking strategies/tactics introduced.

W 1/11-2/15 6:30-7:30pm \$65/\$60 501008-D

(ages 12-18)

Develop individual attacking and defending skills. Work on shooting, passing and receiving techniques. Game intelligence will also be introduced.

(ages 12-13)

Th 1/12-2/16 5:30-6:30pm \$65/\$60 501008-E

(ages 14-18)

Th 1/12-2/16 6:30-7:30pm \$65/\$60 501008-F



For all One on One programs please register at www.1on1basketball.com/williamsburg. For more information, email ivan@1on1basketball.com.

After School Hoops (grades K-6 and home-schooled students)
Come burn off that afterschool energy! One on One basketball will provide a program of healthy sports activities for our school students and also a structured environment to develop and enhance athletic skills through games such as basketball. Participants will be challenged daily with structured exercises and fun games. JCWCC
M 9/19-10/24 3:30-4:30pm \$65/\$60
W 9/21-10/26 3:30-4:30pm \$65/\$60

Basketball Hoops & Athletics (grades 1-6)
One on One will provide a structured environment to develop and enhance athletic skills through games such as basketball, running, fitness games, indoor flag football and other athletic sports activities. Children are challenged daily with structured exercises and fun games. JCWCC
W 11/16-12/21 1-2:30pm \$65/\$60
Th 11/17-12/22 1-2:30pm \$65/\$60
W 1/11-2/15 1-2:30pm \$65/\$60
Th 1/12-2/16 1-2:30pm \$65/\$60

Girls Basketball Boot Camp (girls only, grades 5-8)
Bring your A-game ladies and get ready to prepare for the recreation season or middle school basketball. This camp will be run by a Former University of Connecticut Girls Basketball Player and Coach, Kristin Caruso. Skills taught include shooting, dribbling, rebounding and other fundamental rules needed for middle school basketball. Wear appropriate attire for basketball activities and bring water bottle and snack. Camp shirt included. JCWCC
Sat 9/17 9am-noon \$55/\$50
Sun 9/18 1-3pm

Winter Break Holiday Basketball Camp (grades K-6)
One on One Basketball Holiday Camp combines skills work, daily contests and game play, culminating in an end-of-the-week tournament on Championship Thursday. All players will receive a T-shirt and prizes throughout the camp. JCWCC
M-Th 12/26-12/29 9am-1pm \$95/\$90

One on One Basketball Aerobic & Sports Training (men and women 18+)
Add some variety to your cardio workout! One on One Basketball offers a six-week program of intense cardio basketball workouts; all levels of basketball skills welcome. Coach Ivan Thomas and Coach Kristin Caurso (former University of Connecticut player and coach) will put you through a full workout each morning designed to develop and enhance athletic skills through drills as well as other plyometrics training and fitness. JCWCC
Th 9/15-10/13 9-10am \$55/\$50

Youth Soccer Spring Leagues

(ages 4-18 girls and boys)

JCC Parks and Recreation's youth soccer league is designed to introduce children to soccer. Registration forms will be available at the JCWCC, JRCC and the Satellite Services Office in Toano or register at www.jccEgov.com/recreation. Each age level has a limited number of slots available so plan to register early. Applications are accepted beginning December 1 through January 31. \$10 late fee will be added to registrations received after January 31. For more information about this league, please call 259-5355. No games on 4/7. WSC

Division I (ages 4-5) Co-ed
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-A

Division II (ages 6-7)
Co-ed
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-B
Girls*
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-BB

Sports and Athletics

Division III (ages 8-9)

Co-ed
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-C
Girls*
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-CC

Division IV (ages 10-11)

Co-ed
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-D
Girls*
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-DD

Division V (ages 12-13)

Co-ed
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-E
Girls*
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-EE

Division VI (ages 14-18)

Co-ed
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-F
Girls*
Sat 3/3-5/12 9am-2pm \$45/\$40 503730-FF

**A girls' league will only be offered if enough girls are available to create a sufficient number of teams. Girls will be distributed amongst the co-ed teams if there are not enough players for an all-girls division.*

Adult Leagues

All adult leagues are by team registration only. Call 259-5355 for details on registration, roster limits and league rules.

Coed Soccer (men 30+ and women 18+)

This league is designed to offer soccer to adults in a recreational setting with fun and competitive games. The end of the season tournament will decide the overall champion. The games begin in March and each team is guaranteed 8 games. Please register your team under the captain's name by February 19. Team roster forms can be picked up from the JCWCC.
Sun 3/4-5/20 4-9pm \$425 502700-A