

# CYS FORT SILL YOUTH SPORTS & FITNESS

## 2021 FITNESS CLASS CALENDAR

### COUCH TO 5K

Prichard Field | 6 - 7PM

Participants in the 5k trainings must complete at least half of the training to be registered in the races.

	SPORT	AGE / COST	REGISTRATION DATES	SESSION DATES
Couch to 5K	Summer Couch to 5K	5-18/Free	June 1 - July 9, 2021	Mon/Weds July 12 - Sept 8, 2021 Tues/Thurs July 13 - Sept 9, 2021
	Zombie Couch to 5K	5-18/Free	August 2 - September 10, 2021	Mon/Weds Sept 13 - Oct 20, 2021 Tues/Thurs Sept 14 - Oct 21, 2021
	Fall Couch to 5K	5-18/Free	August 2 - September 10, 2021	Mon/Weds Sept 13 - Nov 17, 2021 Tues/Thurs Sept 14 - Nov 18, 2021

### TEEN FUNCTIONAL FITNESS

Tuesdays/Thursdays 4:30 - 5:30 PM | Youth Center

SPORT	AGE / COST	REGISTRATION DATES	SESSION DATES
Teen Functional Fitness	6th - 12th Graders/Free	Continuous/ Begins January 4	Tues/Thurs Feb 2 - May 20, 2021 Tues/Thurs Aug 3 - Dec 16, 2021

### SUMMER WEIGHT TRAINING

Mondays/Wednesdays or Tuesdays/Thursdays 2 - 3 PM | Youth Center

SPORT	AGE / COST	REGISTRATION DATES	SESSION DATES
June Weight Training	6th - 12th Graders/Free	May 3 - 31, 2021	Mon/Weds June 2 - 30 20, 2021 Tues/Thurs June 1 - 29, 2021
July Weight Training	6th - 12th Graders/Free	June 1 - July 2, 2021	Mon/Weds July 5 - 28, 2021 Tues/Thurs July 6 - 29, 2021

### ALL FITNESS ACTIVITIES WILL INCLUDE: NUTRITION COUNSELING AND EDUCATION

All participants must be currently registered with Child and Youth Services to enroll in Youth Sports & Fitness programs. Registration/Enrollment can be done with CYS Parent Central Services (580) 442-3486/1098/3927/4836 in building 4700 or enroll on WebTrac webtrac.mwr.army.mil. \*The above information is subject to change with evolving Covid-19 safety guidance, participation, facility availability, and partnership schedules.

For more information please call the Youth Sports & Fitness office at (580) 442-5926/5420.

### VOLUNTEER COACHES NEEDED








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## 2021 SPORTS CALENDAR

SPORT	AGE / COST	REGISTRATION DATES	SESSION DATES
 Winter Basketball Camp	3-18/\$25	November 16 - December 16, 2020	Ages 3-4 Jan 11 - 14   Ages 5-6 Jan 19 - 22 Ages 7-9 Jan 25 - 28   Ages 10+ Feb 1 - 4
 Archery	8-18/\$65	January 4 - February 3, 2021	Feb 8 - March 18
 Spring Soccer Camp	3-18/\$25	January 11 - February 11, 2021	Ages 10+ March 1 - 4   Ages 7-9 March 8 - 11 Ages 5-6 March 15 - 18   Ages 3-4 March 22 - 25
 Cross Country	7-18/\$45	February 22 - March 25, 2021	April 5 - May 13
 Summer Adventure Camps	8-18/\$25 Per Week	May 3 - May 28, 2021 (June Camps) June 1 - June 30, 2021 (July Camps)	June 7 - 11   June 14 - 18   June 21 - 25   June 28 - July 2 July 6 - 9   July 12 - 16   July 19 - 23   July 26 - 30
 Girls Volleyball Camp	8-12/\$25	July 6 - August 5, 2021	August 9 - 13
 Fall Baseball	5-12/\$45	June 21 - July 22, 2021	August 9 - September 18
 Golf	8-18/ \$65	June 26 - August 26	September 7 - October 16
 Flag Football	5-12/\$45	August 23 - September 24	October 12 - November 20
 Winter Basketball 2022	5-12/\$45	November 8 - December 9	January 2022

## START SMART SPORTS // AGES 3-4

Start Smart programs coincide with the seasons of the older age groups. Parent involvement is vital for program structure and success. Children will meet twice a week for six weeks and complete the National Alliance of Youth Sports (NAYS) START SMART program. No Saturdays. All children MUST have a parent/guardian participating with them.

SPORT	COST	REGISTRATION DATES	SEASON
Winter Basketball Camp	\$25	Nov 16 - Dec 16, 2021	Jan 11 - Jan 14, 2021
Spring Soccer Camp	\$25	Jan 11 - Feb 11, 2021	March 22 - March 25, 2021
Start Smart Fall T-Ball	\$25	June 21 - July 22, 2021	Aug 9 - Sept 18, 2021
Start Smart Flag Football	\$25	Aug 23 - Sept 24, 2021	Oct 12 - Nov 20, 2022
Start Smart Winter Basketball 2021	\$25	Nov 8 - Dec 9, 2021	January 2022 TBD

All participants must be currently registered with Child and Youth Services to enroll in Youth Sports & Fitness programs. A current sports physical is mandatory for all team and individual sports as well as the influenza vaccination. Registration/Enrollment can be done with CYS Parent Central Services (580) 442-3486/1098/3927/4836 in building 4700 or enroll on WebTrac webtrac.mwr.army.mil. \*The above information is subject to change due to changing Covid-19 safety guidelines, volunteer involvement, enrollment, partnership schedules and available facility usage. Regular seasons can be converted into camps and camps into regular seasons depending on safety guidelines at the time of the event. The amount of teams offered depends on the number of cleared volunteer coaches. Players wishing to move up in age groups, can only move up one year following a skills assessment from the YS&F Director. ALL players must have a current sports physical on file to participate. Coach's kids play for free!

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