



**USAG Humphreys**  
**CYS Youth Sports & Fitness**

Program Offerings:

SPORTS	SEASON	REGISTRATION
Basketball (5-18 yrs)	Mid Jan - Early March	Early Oct - Late Nov
Indoor Cheer (7-18 yrs)	Mid Jan - Early March	Early Oct - Late Nov
Volleyball (11-18 yrs)	Early March - Mid April	Late Dec - Mid Feb
Running Club (5-18 yrs)	Early April - Mid May	Late Dec - Late March
Soccer (5-18 yrs)	Mid April - Early June	Late Dec - Mid March
Flag Football (5-18 yrs)	Mid Aug - Mid Oct	Early May - Mid July
Outdoor Cheer (7-18 yrs)	Mid Aug - Mid Oct	Early May - Mid July
Baseball/Softball (5-18 yrs)	Early Sep - Late Oct	Early May - Mid July
Track (5-18 yrs)	Late Aug - Mid Oct	Early May - Mid Aug
Volleyball (9-15 yrs)	Mid Oct - Late Nov	Early Aug - Mid Oct
Competitive Swim (6-18 yrs)	Late Oct - Mid Dec	Early Aug - Mid Oct
Competitive Bowling I & II (6-18 yrs)	Nov - Dec	Early Aug - Late Nov
<b>START SMART</b>	<b>SEASON</b>	<b>REGISTRATION</b>
Basketball (3-4 yrs)	Mid Jan - Early March	Early Oct - Late Nov
Indoor Cheer (4-6 yrs)	Mid Jan - Early March	Early Oct - Late Nov
Soccer (3-4 yrs)	Mid April - Early June	Late Dec - Mid March
Flag Football (3-4 yrs)	Mid Aug - Mid Oct	Early May - Mid July
Outdoor Cheer (4-6 yrs)	Mid Aug - Mid Oct	Early May - Mid July
Baseball (3-4 yrs)	Early Sep - Late Oct	Early May - Mid July
<b>CAMPS &amp; CLINICS</b>	<b>SEASON</b>	<b>REGISTRATION</b>
Spring Break Clinics (5-18 yrs)	Late March - Early April	Early Feb - Late March
Summer Camps & Clinics (5-18 yrs)	June - July	Late March - July
Start Smart General (3-4 yrs)	June - July	Late March - July
Swim Conditioning I & II (6-18 yrs)	June - July	Late March - Late June
Fall Camps & Clinics (5-18 yrs)	Nov	Early Oct - Mid Nov
Winter Clinics (5-18 yrs)	Dec	Late Oct - Early Dec

Children must be register with CYS to be able to participate. Please contact CYS Parent Central for CYS Registration and renewals.

Our program is 100% ran by volunteer coaches. If you are interested, please contact us at 0503-357-2244 or [usarmy.humphreys.imcom.mbx.fmwr-youth-sports-fitness@army.mil](mailto:usarmy.humphreys.imcom.mbx.fmwr-youth-sports-fitness@army.mil).

For more information, please visit [humphreys.armymwr.com](http://humphreys.armymwr.com)

For updates, please follow our Facebook page, **Humphreys CYS**