



National Sports Center

2024 Intro to Sport Programs Schedule

Session			Dates	Level	Time	Location	Notes	Summer Intro to Sports Day
Winter	Tuesday	Volleyball	January 2nd - February 20th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Expo Center		6/9/24
		Basketball	<i>No winter basketball session</i>					3:30 - 4:15 pm EXPO
	Wednesday	Hockey	<i>No winter hockey session</i>					4:30 - 5:00 pm RINK
		Soccer	January 3rd - February 21st, 2024	Intro I Intro II Intro III	7:00 - 7:30 pm 6:00 - 6:45 pm 7:00 - 7:50 pm	NSC Sports Hall - Field TBD		
		Baseball	January 4th - February 22nd, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field TBD		
	Thursday	Lacrosse	January 4th - February 22nd, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field TBD		
		Flag Football	January 4th - February 22nd, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field TBD		
Spring	Tuesday	Volleyball	March 5th - April 23rd, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Expo Center		
		Basketball	March 5th - April 23rd, 2024	Intro I & II	6:00 - 7:00 pm	NSC Sports Expo Center		
	Wednesday	Hockey	March 6th - April 24th, 2024	Intro I Intro II Intro III	5:40 - 6:10 pm 5:40 - 6:40 pm 5:40 - 6:40 pm	NSC Super Rink - Rink TBD		
		Soccer	March 6th - April 24th, 2024	Intro I Intro II Intro III	7:00 - 7:30 pm 6:00 - 6:45 pm 7:00 - 7:50 pm	NSC Sports Hall - Field TBD		
	Thursday	Baseball	March 7th - April 25th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field TBD		
		Lacrosse	<i>No spring lacrosse session</i>					
		Flag Football	March 7th - April 25th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field TBD		
Summer I	Tuesday	Volleyball	May 7th - June 25th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Expo		
		Basketball	May 7th - June 25th, 2024	Intro I & II	6:00 - 7:00 pm	NSC Sports Expo		
	Wednesday	Hockey	May 8th - June 26th, 2024	Intro I Intro II Intro III	5:40 - 6:10 pm 5:40 - 6:40 pm 5:40 - 6:40 pm	NSC Super Rink - Rink TBD		
		Soccer	May 8th - June 26th, 2024	Intro I Intro II Intro III	6:00 - 6:30 pm 5:00 - 5:45 pm 6:00 - 6:50 pm	NSC Outdoor Field - TBD		
	Thursday	Baseball	May 9th - June 27th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Airport Field - TBD		
		Lacrosse	<i>No summer I lacrosse session</i>					
		Soccer	May 9th - June 27th, 2024	Intro III	6:00 - 7:00 pm	Outdoor Field 47		
Summer II	Tuesday	Volleyball	July 30th - September 17th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Expo		
		Basketball	July 30th - September 17th, 2024	Intro I & II	6:00 - 7:00 pm	NSC Sports Expo		
	Wednesday	Hockey	July 31st - September 18th, 2024	Intro I Intro II Intro III	5:40 - 6:10 pm 5:40 - 6:40 pm 5:40 - 6:40 pm	NSC Super Rink - Rink TBD		
		Soccer	July 31st - September 18th, 2024	Intro I Intro II Intro III	6:00 - 6:30 pm 5:00 - 5:45 pm 6:00 - 6:50 pm	NSC Outdoor Field - TBD		
	Thursday	Baseball	August 1st - September 19th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Airport Field - TBD		
		Lacrosse	August 1st - September 19th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Outdoor Field - TBD		
		Soccer	August 1st - September 19th, 2024	Intro III	6:00 - 7:00 pm	Outdoor Field 47		
Flag Football	<i>No summer II flag football session</i>							
Fall	Tuesday	Volleyball	<i>No fall volleyball session</i>					
		Basketball	September 24th - November 12th, 2024	Intro I & II	6:00 - 7:00 pm	NSC Sports Expo		
	Wednesday	Hockey	October 2nd - November 20th, 2024	Intro I Intro II Intro III	5:40 - 6:10 pm 5:40 - 6:40 pm 5:40 - 6:40 pm	NSC Super Rink - Rink TBD		*NO class 9/18/24, class will be held on 9/17/24 instead at the same time
		Soccer	September 25th - November 13th, 2024	Intro I Intro II Intro III	7:00 - 7:30 pm 6:00 - 6:45 pm 7:00 - 7:50 pm	NSC Sports Hall - Field TBD		*NO class 10/23/24, class will be held on 10/21/24 instead at the same time
	Thursday	Baseball	September 26th - November 14th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field TBD		
		Lacrosse	September 26th - November 14th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field TBD		
		Soccer	September 26th - November 14th, 2024	Intro III	6:00 - 7:00 pm	Sports Hall Field C		
Flag Football	<i>No fall flag football session</i>						*NO class 10/24/24, class will be held on 10/22/24 instead at the same time	