



National Sports Center

2024 Intro to Sport Programs Schedule

Session			Dates	Level	Time	Location	Notes	
Winter	Tuesday	Volleyball	January 2nd - February 20th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Expo Center	Summer Intro to Sports Day 6/9/24 2:00-3:00 pm EXPO Winter Intro to Sports Day 2:45 - 3:30 pm EXPO	
		Basketball	<i>No winter basketball session</i>					
		Hockey	<i>No winter hockey session</i>					
	Wednesday	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		
		Thursday	Baseball	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 C
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 1		
		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 A		
		Thursday	Baseball	March 7th - April 25th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field B	
	Flag Football		March 7th - April 25th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field C		
Summer I	Tuesday	Basketball	May 7th - June 25th, 2024	Intro I & II	6:00 - 7:00 pm	NSC Sports Expo		
		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 1		
	Wednesday	Soccer (Levels 1-3)	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 - 47		
		Baseball	May 9th - June 27th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Airport Field - 4		
		Thursday	Soccer (Levels 4-5)	May 9th - June 27th, 2024	Intro 4 Intro 5	5:00 - 6:00 pm 6:00 - 7:00 pm	NSC Outdoor Field 47	
	Flag Football		May 9th - June 27th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Outdoor Field - 46		
Summer II	Monday	Cheerleading	July 29th - September 16th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field C		
	Tuesday	Volleyball	NO SUMMER 2 VOLLEYBALL FOR 2024					
		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 1		
		Soccer (Levels 1-3)	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 - 47		
		Thursday	Baseball	August 1st - September 19th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Airport Field - 4	
Soccer (Levels 4-5)	August 1st - September 19th, 2024		Intro 4 Intro 5	5:00 - 6:00 pm 6:00 - 7:00 pm	Outdoor Field 47			
Flag Football	<i>No summer II flag football session</i>							
Fall	Monday	Cheerleading	September 23rd - November 12th, 2024	Intro I & II	5:00 - 6:00 pm	NSC Sports Hall - Field C		
	Tuesday	Volleyball	<i>No fall volleyball session</i>					
		Basketball	NO FALL BASKETBALL FOR 2024					
	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 1 <i>(11/13 class will be on Rink 4)</i>		
		Soccer (Levels 1-3)	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 A		
		Thursday	Baseball	September 26th - November 14th, 2024	Intro I & II	6:00 - 7:00 pm	NSC Sports Hall - Field B1	
Soccer (Levels 4-5)	September 26th - November 14th, 2024		Intro 4 Intro 5	6:00 - 7:00 pm 6:00 - 7:00 pm	NSC Sports Hall - Field A1 NSC Sports Hall - Field A2			
	Flag Football		September 26th - November 14th, 2024	Intro I & II	6:00 - 7:00 pm	NSC Sports Hall - Field B2		

*NO class 9/18/24, class will be held on 9/17/24 instead at the same time

*NO class 10/23/24, class will be held on 10/21/24 instead at the same time

*NO class 10/24/24, class will be held on 10/22/24 instead at the same time