

## **Program Session Dates: (unless otherwise noted)**

**Winter I: January 4 - February 13**

**Winter II: February - March 27**

### **Ballet/Dance**

New dance classes designed for fun fitness and inspiration.

Creative Movement age 3-5 Saturday 11-11:45am

Ballet age 5+ Friday 4:30-5:15pm

Saturday 10:15-11am

Hip Hop/Jazz age 7+ Saturday 11:45-12:30pm

Dance Sampler age 7+ Saturday 12:30-1:30pm

### **Youth Basketball**

A structured weekly clinic which promotes skill development and fun through weekly practices and games.

### **Boxing – Ages 9 & up**

This beginner level boxing clinic works on footwork, conditioning, defensive moves and punches using the heavy bag, speed bag & focus mitts.

Tuesdays 6-7pm

Saturdays 11am-12pm

### **Cheer Dance – Ages 6 & up**

Class includes cheer moves and some dance mixed in with cheer formations. Helps develop strength, flexibility, and coordination. Learn high-energy dance combinations to improve and enhance skills of a cheerleader.

Fridays 6-7pm

### **Cycle Junior – Ages 7 & up**

The program is designed as a way for kids to get the feel of riding bikes with friends while listening to the music they love, all while getting fit!

Fridays 5:30-6:00pm

### **Fencing – Ages 7 & up**

Designed as an introduction to the sport of fencing. Students learn proper stance, basic footwork, blade work and beginning tactics. Exercises and games that strengthen the body and improve mobility are the foundation of these programs.

Beginner Tuesday 6-7pm

Intermediate Tuesday 7-8pm

### **Gymnastics – Ages 5-12**

Introduction to basic tumbling and gymnastic skills. Emphasis on coordination, flexibility and self-confidence.

Saturdays 9-10am

### **Indoor Soccer**

Taking your favorite outdoor sport inside. A structured weekly clinic which promotes skill development and fun through weekly practices and games.

### **Jr. Racquetball**

These group beginner level clinics will teach the basics of racquetball including: forehand, backhand, games rules and strategies, serves & returns

Ages 8-12 Mondays 4:30-5:30pm

Ages 13-17 Sundays 12-1pm

### **Kids In Motion**

Gross motor development class that includes activities utilizing an assortment of equipment to fun upbeat music.

Ages 1-2 (with parent) Tuesday 10:15-10:45am

Ages 3-5 Tuesday 9:15-10am

Friday 12:15-1pm

### **Martial Arts**

Traditional training in martial arts working on each child's individual abilities. For more information and or to register for classes, call Anthony Quatrochi's martial Arts Institute at 298-2177.

### **Sports Mix**

For those who can't get enough sports & games! Different sports are introduced each week. Learn a new game or play an old favorite. Basketball, kickball, soccer, dodgeball, floor hockey and more.

Ages 5-7 Mondays 4:30-5:15pm

Saturdays 10:15-11:00am

Ages 8-12 Mondays 5:15-6pm

### **T-Ball – Ages 4-6**

A introduction to the fundamentals of baseball. Offered in the Spring

### **Tumbling**

Introduction to basic tumbling. Emphasis on coordination, flexibility and self-confidence.

Ages 1-2 Thursday 10:15-11am

Ages 3-5 Saturday 9-9:45am

### **Yoga – Ages 5-12**

An introduction to yoga for kids of all fitness and flexibility levels. Kids will be active, increase self-esteem and learn to relax while learning basic poses all in one program. Tuesdays 5:00-5:45pm