



Kids Sports, Fitness & Dance Classes

BEGINS SEPT 7th- SIGN UP TODAY!

Session: 10SEP 09/06-10/24

Printed 8/18/2010

Monday			
Time	Class	Location	Inst
10:00-11:15a \$48/96 (3008)	Extreme E's	gym-e 3-K	Jeanie
12:30-1:15p \$35/70 (3732)	Preschool Sports	gym-w 3-5yrs	Jeanie
3:15p-4:00p \$35/70 (3790)	Preschool Sports	gym-w 4-5yrs	Shamika
4:30-5:25p \$40/80 (3750)	Tae Kwon Do	St 2 5-Adlt	Master Matt
5:30-6:25p \$40/80 (3751)	Tae Kwon Do	St 2 5-Adlt	Master Matt

Tuesday			
Time	Class	Location	Inst
9:30-10:00a \$38/76 (3725)	Little Sports	gym-w 2-3 yrs	Marissa
10:15-11:00a \$38/76 (3730)	Teammates	gym-w 4-6yrs	Maggie
10:15-10:55 \$70/140 (3125)	Preschool Gym & Swim	Gym-e 3-6yrs	Jeanie
4:30-5:30p (3775)	Athletic Performance	Studio 2 10-19yrs	Jack
4:30-5:15p \$38/76 (3400)	Ballet	Studio 1 3-7yrs	Alli

Wednesday			
Time	Class	Location	Inst
9:30-10:00 \$38/76 (3010)	Mighty Kids Fitness	gym-e 2-3yrs	Joanne
10:15-10:50 \$38/76 (3013)	Mighty Kids Fitness	gym-e 4-6yrs	Joanne
12:30-1:10 \$70/140 (3126)	Preschool Gym & Swim	St 1 3-6yrs	Jeanie
12:30-1:15 \$35/70 (3734)	Preschool Sports	Gym-w 3-5 yrs	Maggie
3:15-4:00 \$35/70 (3735)	Preschool Sports	Gym-w 3-5 yrs	Shamika
4:30-5:20 \$40/80 (3752)	Tae Kwon Do	St 2 5-Adlt	Master Matt
5:30-6:25 \$40/80 (3753)	Tae Kwon Do	St 2 5-Adlt	Master Matt
5:30-6:25 \$46/75 (3515)	Taal Fusion Youth	St 1 6-10yrs	Sue

Thursday			
Time	Class	Location	Inst
10:00-10:45a \$32/64 (3020)	Supervised Parent/Tot	Gym-e 1-2 yrs	Jeanie
11:30-12:15p \$38/76 (3745)	Mini Tigers	Gym-w 3-6yrs	Diana
4:30-5:30 (3775)	Athletic Performance	Studio 2 10-19yrs	Jack/ Diane
5:00-5:50p \$38/76 (3715)	Cheer/Tumble	Studio 1 4-7yrs	Shamika

Adult / Teen Paid Classes			
Thu 7:30-8:25p \$46/75 (3516)	Taal Fusion Dance	St 2 13yrs-Up	Sue
MW/F 5:00-6:15a \$168/336 (3919)	Extreme Meltdown	gym-w 13yrs-Up	Karen
MW/TH 8:40p-9:50p \$168/336 (3920)	Extreme Meltdown	St 2 13yrs-Up	Diane Joanne

Y Sports Complex Classes			
Class	Class	Ages	Instr.
MW 4:30-5:30p (3765)	Athletic Performance	10-17yrs	
MW/TH 7:00-8:00p (3765)	Athletic Performance	10-17yrs	
Sat 9:30-10:30a (3765)	Athletic Performance	10-17yrs	
MW/F 9:30-10:30a (3921)	Extreme Meltdown	13-adult	
Tu 6:00-6:45p (3405)	Ballet	3-7yrs	
Wed 6:00-6:55pm (3755)	Tae Kwon Do	5-adult	Bryant
Tues 7:30-8:20pm (3773)	Self Defense	6-adult	Matt

Fit-Pass Orientation		
Tue	6:00-7:00p	10-15yrs
Thur	6:00-7:00p	10-15yrs
Sat	12:15-1:15p	10-15yrs

Athletic Performance Packages	
1 month	\$200
3 months	\$350
6 months	\$500
12 months	\$750
Package price includes unlimited access to Athletic Performance Classes	

Friday			
Time	Class	Location	Inst
9:30-10:00a \$38/76 (3011)	Mighty Kids Fitness	gym-w 2-3yrs	Joanne
10:15-10:55 \$70/140 (3127)	Preschool Gym & Swim	Gym-w 3-6yrs	Jeanie
1:00-2:00 \$35/55 (3271)	Home School Gym	gym-w 10-16yrs	Maggie
2:15-3:15 \$35/55 (3270)	Home School Gym & Swim	gym-w 6-9yrs	Maggie

Saturday			
Time	Class	Location	Inst
9:30-10:00a \$38/76 (3728)	Little Sports	gym-w 2-3 yrs	Shamika Shachi
10:15-11:00a \$38/76 (3402)	Ballet	Studio 2 3-7yrs	Alli
10:15-11:00 \$38/76 (3733)	Teammates	Gym-w 4-6 yrs	Shamika Shachi
11:05-11:50a \$38/76 (3404)	Ballet	Studio 2 3-4yrs	Alli
12:00-12:45p \$38/76 (3403)	Ballet	Studio 2 3-4yrs	Alli
1:00-1:55p \$40/80 (3754)	Tae Kwon Do	Studio 2 5-Adlt	Master Matt

Kids Sports, Fitness & Dance Class Descriptions	
Dance Classes	
Ballet-	Basic ballet moves working on coordination, motor skills and fun! Leotards, pink tights, leather or canvas ballet slippers (not satin) required. See ballet bulletin board near studio 2 for details.
Taal Fusion-	Combines Latin, Bollywood and Hip Hop dance that is fun, challenging and burns calories galore.
Sports and Fitness Classes	
Extreme Meltdown-	14 week class that has it all. Cardio, sculpting, boot camp circuits, stretching, nutritional advice and progress monitoring to help teach a healthy lifestyle.
Cheer/Tumble-	Learn cheers, dance and stunts in our terrific program. This class is designed for girls and boys with or without prior cheerleading experience.
Extreme E's-	Experience healthy eating and exercise. 30min in the gym exercising followed by the "pretend kitchen". Here they will learn healthy food.
Sports Sampler-	Sports class which helps develop large and small motor skills. Sampling of a variety of sports such as basketball, floor hockey, soccer and football.
Mighty Fitness -	Develop large and small motor skills in a fun setting. Age appropriate games along with sports and obstacle courses will be incorporated
Parent Tot Gym-	Activities like catching, throwing, kicking and tumbling are combined with creative props. Both parent and child socialize while having fun.
Preschool Sports-	Your child will learn about the many different sports while developing large and small motor skills. All preschool students qualify for a \$5.00 class discount.
Mind & Body / Martial Arts	
Tae Kwon Do-	Gain a strong foundation to build on. This art develops discipline, concentration, confidence and leadership/ Family Participation and uniforms encouraged.
Mini Tigers-	Tae Kwon Do for preschoolers. Focus on the basic elements of this art. Improve flexibility, speed, strength and stamina.
Self Defense-	class enables practitioners to protect themselves from opponents without the use of excessive force. Teaches kids to think instead of panic.
Teen classes	
Athletic Performance Training-	Better, Faster, Stronger and more Focused! Learn groundbreaking techniques that help athletes achieve their goals.
Gym & Swim	The best of both worlds. Play games and use equipment during gym time. Swim lessons and play during swim time.



Athletic Performance Training

- Better, Faster, Stronger and more focused! -



Athletic Performance Training uses groundbreaking techniques that help athletes achieve their goals – at any level, at any sport. It is a combination of exercises that will contribute to great increase in speed, strength, agility, explosiveness and injury prevention. **This class is a MUST for any athlete!**

Each athlete may attend up to 8-classes per week.

Session: 10SEPT (9/06-10/24) / 10Oct (10/25-12/19)

Day	Time	Location
Mon	4:30p-5:30p	Y Sports Complex
Mon	7:00p-8:00p	Y Sports Complex
Tues	4:30p-5:30p	Fry
Wed	4:30p-5:30p	Y Sports Complex
Wed	7:00p-8:00p	Y Sports Complex
Thur	4:30p-5:30p	Fry
Thur	7:00p-8:00p	Y Sports Complex
Sat	9:30a-10:30a	Y Sports Complex

<u>Fee:</u>	\$200	1 month package	\$500	6 month package
	\$350	3 month package	\$750	12 month package