

# SPRING

## CLASS SCHEDULE



8 WEEK SESSION: MARCH 27 - MAY 28

9 WEEK LEAGUE: MARCH 13 - MAY 21

NO CLASSES THE WEEK OF APRIL 10TH - 16TH

CLASS	MON	TUES	WED	THURS	SUN	PRICE (Mem/Non)
<b>Sports Development</b> <i>Ages 3&amp;4 45 mins</i>	11AM	5:30PM 6:15PM				\$90/115
<b>Taekwondo</b> <i>All Belts Ages 4-6 45 mins</i>					12:30PM	\$90/115
<b>Taekwondo</b> <i>White Belts Ages 7+ 45 mins</i>					1:15PM	\$90/115
<b>Soccer Leagues</b> <i>9 Weeks Ages 3-7</i>  3/13/17- 5/21/17	Alternates 5:30PM & 6:30PM <i>Age 3</i>		Alternates 5:30PM & 6:30PM <i>Ages 4&amp;5</i>	Alternates 5:30PM & 6:30PM <i>Ages 6&amp;7</i>		\$95/115

**White Belt Session of Taekwondo does NOT include the cost of uniform.**

Belt testing depends on readiness of student.

Advancement to the Orange belt is an open month-to-month program.

NO CLASSES THE WEEK OF APRIL 10TH - 16TH

## **SPORTS DEVELOPMENT: AGES 3 & 4**

This class is an introduction to the fundamental skills necessary to participate in a variety of sports and fitness activities. Throughout the session children will be introduced to various skill sets, such as throwing, catching, dribbling, passing, shooting, and striking. All skills will be developmentally appropriate for your child's age and ability. The focus of the class is on the "how to" and the development of correct technique in a fun and friendly environment.

## **SOCCER LEAGUE: AGE 3**

This is non-competitive, co-ed league for children who want to learn how to play soccer! We focus on the fundamental skills of dribbling, passing, shooting, and teamwork in a friendly and fun environment. For the purpose of learning, this league is tailored towards the needs of younger players:

- Season includes 4 practices and 5 games
- Games are 20 minutes long: 4-6minute quarters
- Games played 3v3 kids play a minimum of 2 quarters
- Coach stays on the field to help players and referee
- We do not keep track of the score

**PLEASE NOTE THAT MAKE UP GAMES DUE TO WEATHER WILL BE MADE UP ON THE WEEKENDS. REFUNDS WILL NOT BE ISSUED BASE ON WEATHER.**

## **SOCCER LEAGUE: AGES 4-5**

This is non-competitive, co-ed league for children who want to learn how to play soccer! We focus on the fundamental skills of dribbling, passing, shooting, and teamwork in a friendly and fun environment. For the purpose of learning, this league is tailored towards the needs of younger players:

- Season includes 2 practices and 7 games
- Games are 32 minutes long: 8 minute quarters
- Games played 3 vs. 3 or 4 vs. 4, kids play a minimum of 2 quarters
- Coach stays on the field to help players and referee
- We do not keep track of the score

**PLEASE NOTE THAT MAKE UP GAMES DUE TO WEATHER WILL BE MADE UP ON THE WEEKENDS. REFUNDS WILL NOT BE ISSUED BASE ON WEATHER.**

## **SOCCER LEAGUE: AGES 6-7**

This is non-competitive, co-ed league for children who want to learn how to play soccer! We focus on the fundamental skills of dribbling, passing, shooting, and teamwork in a friendly and fun environment. For the purpose of learning, this league is tailored towards the needs of younger players:

- Season includes 2 practices and 7 games
- Games are 32 minutes long: 9 minute quarters
- Games played 4 vs. 4 or 5 vs. 5, kids play a minimum of 2 quarters
- Coach stays on field to help players and referee
- We do not keep track of the score

**PLEASE NOTE THAT MAKE UP GAMES DUE TO WEATHER WILL BE MADE UP ON THE WEEKENDS. REFUNDS WILL NOT BE ISSUED BASE ON WEATHER.**

## **TAEKWONDO**

Training includes the teaching of blocks, kicks, punches, and other strikes, sparring, self defense, mental discipline and more tailored towards the age of the participant.