



2009-2010 Class Description

Buzzing Bees (18 months-3 yrs)

\$252.00/term

This 45 minute class for parents and tots explores colors, shapes, simple locomotor movements, songs and movement fundamentals. Class goals include learning to stay in a group, improving listening skills, development of balance, hand-eye coordination and strength, using tunnels, slides and other fun, colorful equipment to stimulate and keep your child engaged. Classes are structured for the first 30 minutes with open play the last 15 minutes.

Tumble Bees (3-Kindergarten)

\$266.00/term

A 60 minute structured class that the kids really love because now they can do it by themselves. Mom and Dad can watch from the bleachers as your child is busy in our movement education circuits that focus on further development of locomotor skills, gross motor skills, and basic elements of fitness and gymnastics. Opening activities such as aerobics, singing, parachute play, etc. are also incorporated into the class. Lesson plans change every three weeks to add diversity and keep interest always high. Self esteem and overall coordination now really begin to grow!



Kids Time (3 yrs (out of diapers) - 8 yrs)

\$140.00/term, Drop In: \$12 for members, \$15 for non-members

This stay and play program is 1 ½ hours long and includes gym activities, games, inflatable play time as well as a snack and a juice box. All children must be potty trained.



Soccer Skills (3 yrs-Kindergarten)

\$224.00/term

Interest in soccer is now at an all time high in this country. Our dynamic trainers are here for your kids! This 45 minute soccer skills class will introduce your child to many of the basic and fundamental soccer skills essential to the sport and begin to develop their appreciation for the game. Sneakers are required.



Lacrosse Skills (3 yrs-Kindergarten)

\$224.00/term

Lacrosse is a fun and exciting sport that is a combination of hockey, soccer and basketball that anyone (big or small) can play. This 45 minute class will teach young children how to Pass, Catch, Scoop, and Cradle a lacrosse ball. This class is designed to be fun and give boys and girls the skills necessary to appreciate the game of lacrosse.



Baseball Skills (3 yrs-Kindergarten)

\$224.00/term

Baseball is a great sport to learn at any age. This 45 minute class will teach children the proper skills of Hitting, Fielding and Throwing. We will incorporate these skills into group games. The concept of this class is to have fun and learn the basic skills of baseball. Please bring a glove to class.



Basketball Skills (3 yrs-Kindergarten)

\$224.00/term

Basketball is a sport that every child loves to play! This 45 minute class will teach children the proper skills of Dribbling, Passing and Shooting. The skills and concepts of basketball will be taught in a fun and passionate way so every child develops their skills individually.



Quick Start Tennis (3 yrs-Kindergarten)

\$224.00/term

This new USTA national program initiative, directed by Alex Aitchison (Hall of Fame inductee), is designed to bring children into the game of tennis. This 45 minute class will teach children the fundamentals of tennis: Stroke, Production, Footwork and Hand-Eye Coordination. "Fun to Play" is the main goal of each class!



Annual Membership Fee

\$35 for the entire family

Term 1: Aug 31st - Dec 5th

*****20% Discount off 2nd Child or 2nd Class*****

Term 2: Dec 7th - March 20th

*****Ask about our 100% Tuition Back Guarantee*****

Term 3: March 22nd - June 26th

No classes on: Sept 7th, Nov 26th-27th, Dec 24th-Jan 1st, May 24th