

YOUTH SPORTS PROGRAMMING

Winter Session: January 2nd to February 25th

Member Registration: December 16th / Non-Member Registration: December 23rd



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mondays

4:00-5:00pm Beginner Gymnastics / Ages 6-8 (Gym/Ray)
5:00-6:00pm Beginner Gymnastics / Ages 7-12 (Gym/Ray)
6:00-7:00pm Adv. Beginner Gymnastics / Ages 6-12 (Gym/Ray)

Tuesdays

3:30-4:15pm Multi-Sports / Ages 4-5 (Gym/Beau)
4:20-5:05pm Youth Basketball / Ages 5-7 (Gym/Beau)
5:10-5:55pm Youth Basketball / Ages 8-10 (Gym/Beau)

Wednesdays

4:00-5:30pm Intermediate Gymnastics / Ages 8-14 (Gym/Ray)
5:00-6:30pm Advanced Int. Gymnastics / Ages 8-14 (Gym/Ray)
5:00-7:00pm Gymnastics Club / Ages 10-17 (Gym/Ray)

Thursdays

3:30-4:15pm Multi-Sports / Ages 4-5 (Gym/Hezekiah)
4:20-5:05pm Youth Basketball / Ages 7-9 (Gym/Hezekiah)
5:10-5:55pm Youth Basketball / Ages 9-12 (Gym/Hezekiah)

Fridays

4:00-5:30pm Intermediate Gymnastics / Ages 8-14 (Gym/Ray)
5:00-6:30pm Advanced Int. Gymnastics / Ages 8-14 (Gym/Ray)
5:00-7:00pm Gymnastics Club / Ages 10-17 (Gym/Ray)

Sundays

9:00-9:45am Pre-school Soccer / Ages 3-4 (Gym/Hezekiah)
10:00-10:45am Multi-Sports / Ages 4-5 (Gym/Hezekiah)
11:00-11:45am Youth Basketball / Ages 7-9 (Gym/Hezekiah)



FOR MORE INFORMATION:

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YOUTH SPORTS PROGRAMS
***registration required for all classes**

Pre-School Soccer

Sunday 9:00-9:45am, (Ages 3-4 years) Gym
Members: \$125, Non-Members: \$180
per 8 week session

Children's pre-school soccer is an instructional class that teaches basic soccer skills, as well as a love for the sport. Develops teamwork and participation in a fun, non-competitive environment.

Multi-Sports

Tuesday 3:30-4:15pm, (Ages 4-5) Gym
Thursday 3:30-4:15pm, (Ages 4-5) Gym
Sunday 10:00-10:45am, (Ages 4-5) Gym
Members: \$125, Non-Members: \$180
per 8 week session

Not sure which sport your child has an interest in? Does your child have an interest in every sport? Multi-Sports is the class for you! This instructional class gives a taste of soccer, basketball and track in a fun play-filled environment. Children are introduced to basic skills for the various sports, as well as fun games to familiarize with the use of various sports equipment.

Basketball

Tuesday 4:20-5:05pm, (Ages 5-7) Gym
Tuesday 5:10-5:55pm, (Ages 8-10) Gym
Thursday 4:20-5:05pm, (Ages 7-9) Gym
Thursday 5:10-5:55pm, (Ages 9-12) Gym
Sunday 11:00-11:45am, (Ages 7-9) Gym
Members: \$125, Non-Members: \$180
per 8 week session

Children will learn the fundamentals of basketball through modified basketball activities. Fun and budding self confidence are gained while making new friends and just having fun playing.

Beginner Gymnastics

Monday 4:00-5:00pm, (Ages 6-8) Gym
Monday 5:00-6:00pm, (Ages 7-12) Gym
Members: \$140, Non-Members: \$200 per 8 week session
This Co-ed class for children focuses on increased use of apparatus and learning basic gymnastics skills.

Advanced Beginner Gymnastics

Monday 6:00-7:00pm, (Ages 7-12) Gym
Members: \$155, Non-Members: \$220 per 8 week session
This co-ed class for children 6 and up focuses on basic floor and apparatus skills, increasing strength and endurance, and preparation for the more rigorous intermediate program.

Intermediate Gymnastics

Wednesday & Friday 4:00-5:30pm, (Ages 8-14) Gym
Members: \$220, Non-Members: \$315 per 8 week session
This intermediate gymnastics class builds on skills learned in the previous level and focuses on increasing strength and endurance and involves more complex floor and apparatus skills that include flight movement.

Advanced Intermediate Gymnastics

Wednesday & Friday 5:00-6:30pm, (Ages 8-14) Gym
Members: \$220, Non-Members: \$315 per 8 week session
In this level, participants continue to build on apparatus and floor skills learned in the previous level and begin to practice more complex variations and combination movements.

Gymnastics Club

Wednesday & Friday 5:00-7:00pm, (Ages 10-17) Gym
Members: \$235, Non-Members: \$330 per 8 week session
Participants who are currently in the advanced intermediate class and who qualify may participate. The club provides a supportive environment for dedicated gymnasts who are eager to progress without the pressures of competition.

