

# YOUTH DEVELOPMENT

## YOUTH SPORTS & FITNESS

Session Name	Session Day	Session Time	Fee
Intro to Sports 3-6 yrs.	Saturday	9-9:45am	Member FREE
		or 11-11:45am	Community Member \$10
Soccer Academy 7-13 yrs.	Saturday	10-11am	Member \$30
			Community Member \$40
Intro to Competitive Sports 7-13 yrs.	Saturday	1-2pm	Member \$30
			Community Member \$40

### LITTLE NINJAS

This pre-martial arts class begins to build basic taekwondo techniques. A fusion of discipline and positive play will encourage social skills.

#### \*\*MARTIAL ARTS - BEGINNER

Setting a strong foundation in taekwondo, students will develop a strong mind, body and spirit. Discipline and respect are emphasized every class.

#### \*\*MARTIAL ARTS - INTERMEDIATE

Further progression within the taekwondo practice, students will be held to higher standards. Training will be more challenging and technique will hold a greater pertinence.

\*\*Uniform is required with program. Please speak to Instructor for more info.

Session Name	Session Day	Session Time	Fee
Youth Boot Camp 8-14yrs.	Thursday	5:30-6:15pm	Member \$30
			Community Member \$40
Vocal Coaching Beginner	Friday	6:15-7:15pm	Member \$30
Vocal Coaching Advanced	Wednesday	6:30-7:30pm	Community Member \$40
Kids Fit 6-12yrs.	Tuesday	6:30-7:30pm	Member FREE
	Friday	7:30-8:30pm	Community Member \$10

### INTRO TO SPORTS

Each week your child will explore the basic skills of a different sport, including soccer, basketball and t-ball.

### SOCCER ACADEMY

This is a fun way for your child to learn an exciting sport without the pressure of winning. We will teach the fundamentals of soccer and have fun in game situations.

### INTRO TO COMPETITIVE SPORTS

Ready to take sports to the next level but not sure which sport? Our Intro to Competitive Sports is the perfect class! Experienced coaches will guide your child down the right path towards sportsmanship. All participants will play in scrimmages and games while competing to win!!

Session Name	Session Day	Session Time	Fee
Little Ninjas 2-5yrs.	Saturday	10:30-11am	Member \$25
			Community Member \$30
Martial Arts Beginner 5-8yrs.	Monday & Friday	6-6:45pm	Member \$50
			Community Member \$60
Martial Arts Intermediate 7-11yrs.	Monday & Friday	6:45-7:30pm	Member \$50
			Community Member \$60

### YOUTH BOOTCAMP

The program strives to increase the overall health and fitness level of children in a fun, safe, positive & motivating environment. We emphasize proper form & safe technique in our high energy workouts, which include but are not limited to: Cardiovascular training, resistance training, calisthenics & functional fitness.

### VOCAL COACHING

This program will help singers to improve their vocals for performance. Participants will be working on singing techniques and necessary breathing.

### KIDS FIT

Kids Fit is an instructor-led class that will introduce participants to basic fitness moves that will keep them healthy. Kids participate in activities and games for strength, flexibility and balance. They will skip, hop and jump their way to fitness!

## GYMNASTICS

Gymnastics is a terrific way for children to develop fine motor skills, self-esteem, self-discipline and coordination. Have fun stretching, rolling, balancing, crawling and more! We are dedicated to providing kids of all ages positive opportunities in a safe, fun environment.

## HIP-HOP

Simple but awesome dance moves let out your inner swagger—even if dance isn't your natural forte. Our instructor will introduce you to the choreography and lead you every step of the way. Have fun in this non-stop dance party!

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Session Name	Session Day	Session Time	Fee
Little Chefs 5-12yrs.	Thursday	6-6:45pm	Member \$30 Community Member \$40
Ballet Beginner	Saturday	10am	Member \$30
Ballet Advanced		11am	Community Member \$40
Broadway Musical Theater 4-8yrs.	Monday	7:35-8:35pm	Member \$30 Community Member \$40
Broadway Musical Theater 9+yrs.	Friday	7:30-8:30pm	Member \$30 Community Member \$40

# TEEN SPORTS & FITNESS

## SELF-DEFENSE WORKSHOP

Self-defense goes far beyond using physical action for protection. Participants will learn tips to avoid becoming a victim of a crime, items that could be used as a weapon and simple but effective self-defense techniques.

## MOVESTRONG CIRCUIT TRAINING

Challenge yourself with an hour of MoveStrong Training. Learn hands on how to utilize MoveStrong to perform total body multi-planar exercises by combining functional based multi-directional movements. Ropes, Medicine Balls, TRX, weights, Rings and more. Using basic body weight and free-form tools to perform resistance exercises.

## ADULT MARTIAL ARTS

Begin your journey towards your black belt with this Adult Martial Arts program. Participants will be guided through a Tae Kwon Do curriculum, learning various types of blocks, kicks, strikes and form. The key focus is developing a healthy mind, body and spirit.

Session Name	Session Day	Session Time	Fee
Gymnastics Beginner	Wednesday	6:30pm	Member \$30
Gymnastic Advanced		7:15pm	Community Member \$40
Hip-Hop 6-12yrs.	Thursday	7:30-8:30pm	Member \$30 Community Member \$40
Youth Bootcamp 8-14yrs.	Thursday	5:30-6:15pm	Member \$30 Community Member \$40

## LITTLE CHEFS

This special enrichment program will show Little Chefs the basics of cooking healthy and nutritious snacks/meals. Each week our Little Chefs will learn different skills and techniques to help keep their passion for cooking growing. Children will be making a variety of recipes each class. Building self-confidence, creativity and life-long skills are important ingredients to the program.

## BALLET- BEGINNER

Ballet will teach your child the basic turns, leaps, and how to dance to a song that the whole class will pick. Your child will also gain motor skills, coordination and flexibility.

## BALLET- ADVANCED

This dance class will allow your child to express themselves through dancing and having fun with other children that love to do the same thing. Your child will learn the techniques of ballet, dance and also gain motor skills, coordination and flexibility.

## BROADWAY MUSICAL THEATER

Choreography for a particular Broadway song that will include dancing, singing, and teaching stage presence.

Session Name	Session Day	Session Time	Fee
Self-Defense 14+yrs.	Fall I on October 13th	9:00-10:15am	Member FREE!
	Fall II on November 24th	9:00-10:15am	Community Member \$10
MOVESTRONG Circuit Training 12+yrs.	Thursday	10:15-11:15am	Member \$30 Community Member \$40
Adult Martial Arts 16+yrs.	Monday & Friday	7:30-8:15pm	Member \$50 Community Member \$60