

# sports programming schedule

spring 2010\*

spring 1: march 8 - may 2 | spring 2: may 3 - june 27



Get your kids started on a lifelong affinity for fitness with Sports Clubs for Kids programming. We offer fun, recreational athletic programs that build strong bodies for kids from tots to teens.

	mon	tue	wed	thu	fri	sat	sun
<b>All-Star Sports (ages 3-6)</b>							
This class focuses on age-appropriate sports and motor skill development in a continuous circuit of fun. A new sport is featured each week including tee-ball, hockey, soccer, basketball, lacrosse, flag football and track and field.	11:15am ages 3-4	3:00pm ages 3-4	10:30am ages 5-6	9:30am ages 3-4		9:00am ages 5-6	
	1:00pm ages 5-6	4:00pm ages 5-6	3:30pm ages 5-6	1:00pm ages 3-5  4:00pm ages 3-5		10:00am ages 3-4	
<b>Kickboxing Kids (ages 6-12)</b>							
Punch, kick, jab and shout! In this unique blend of boxing, kickboxing and martial arts, kids are taught discipline, focus and coordination, and how to effectively channel their energy.	6:00pm ages 9-12		6:00pm ages 6-8		7:00pm ages 9-12		
<b>Kidspin Theater (ages 8-15)*</b>							
In this class, stationary bikes are transformed into imaginary vehicles of travel and exploration. Video, pop music and a feeling of virtual reality are built into this improvisational experience. *Participants must be at least 4'8" tall and have a minimum inseam of 28".		5:30pm				11:00am	
<b>Dance TV (ages 6-8)</b>							
Dance TV participants will embrace their inner pop stars and learn the latest dance moves from top music videos. A fast-moving and challenging class, but appropriate for all ages.			4:00pm ages 6-8				
<b>Stompin' Rhythms (ages 3-5)</b>							
Both boys and girls will have fun learning basic dance steps in ballet, tap and jazz while incorporating their favorite themes. A variety of instruments, including taps for shoes, drums, tambourines, maracas, lummi sticks and bells are provided.	3:00pm						
<b>Cheertastics (ages 6-12)</b>							
Kids build strength and flexibility while developing strong cheerleading skills with a combination of chants, clapping, jumps and dance. No cheerleading experience required.	4:15pm ages 6-8	4:00pm ages 9-12					
<b>Basketball Clinic (ages 6-12)</b>							
Our Basketball Clinic guides players toward the proper application of basketball skills through repetition. Players' technical ability will develop through various passing, shooting and ball control various drills. Each participant will leave this clinic on their way to becoming a better basketball player and understand the benefits of commitment and teamwork.		4:30pm ages 6-8		4:30pm ages 6-8			
		5:30pm ages 9-12		5:30pm ages 9-12			
<b>Soccer Clinic (ages 5-12)</b>							
Soccer Clinic participants will increase their basic soccer skills through drills and scrimmage. Players of all abilities are welcome. Each session will be both fun and educational, combining general skill development with games.	4:00pm* ages 6-8		4:00pm ages 6-8				
	*Advanced		5:00pm ages 9-12				

\*No classes 4/2-4/4 or 5/31. Classes prorated.

**All-Star Sports, Dance, Cheer, Kickboxing, Kidspin**

Member \$112  
Nonmember \$132

**Basketball and Soccer Clinics**

Member \$112  
Nonmember \$132

Refund/Credit Policy: All program sales are final. There are no refunds. Credit is not given for missed classes. Credit toward another Sports Clubs for Kids program will only be given for a physician-verified injury or illness, or if Sports Clubs for Kids is notified of a change in plans at least one week prior to the start of a program session. Program credit is valid only for Sports Clubs for Kids programs and must be used within one year from the date of issue. Inclement Weather Policy: Parents should call the facility one hour before the scheduled class time to inquire if a class is canceled. Make-ups are offered for classes that are canceled due to inclement weather. Make-up Policy: One unexcused make-up per session is permitted based on availability. A class must be missed before a make-up can be scheduled. Once a make-up is scheduled it may not be rescheduled. More than one make-up require a doctor's note, which must be presented at the time of scheduling. All make-ups must be scheduled within one week from the end of the session of the missed class.



East Brunswick | 300 Route 18 | 732.257.7507

MySportsClubs.com/Kids