

# Sports Programming Schedule

Fall 2011

Fall 1: September 12 - November 6 | Fall 2\*: November 7 - January 8



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>Basketball Clinic (ages 5-13)</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<br>ages 5-7 |                     |     |     |     |
|  |                     |     | 5:15pm<br>ages 8+  |                     |     |     |     |
| <b>Kids Yoga (ages 5-11)</b>   |                     |     |                    |                     |     |     |     |
| This class is a perfect introduction to a non-competitive fitness regimen. Participants will enjoy a total mind-body workout in a simple and fun environment.  | 4:15pm<br>ages 5-11 |     |                    |                     |     |     |     |
|  |                     |     |                    |                     |     |     |     |
| <b>Kids Zumba (ages 5-11)</b>  |                     |     |                    |                     |     |     |     |
| What's Zumba? A fun, easy-to-follow aerobic routine that combines Latin dance moves with cardio. It's a fun-filled get-up-and-move fitness extravaganza!   | 5:00pm<br>ages 5-11 |     |                    | 5:30pm<br>ages 5-11 |     |     |     |
|  |                     |     |                    |                     |     |     |     |

\*No classes 11/24/11-11/27 and 12/24-1/1. Classes prorated.

**Kids Yoga, Kids Zumba and Basketball**

Member \$139  
Nonmember \$159

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.



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