

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
All-Star Sports (ages 3-7)							
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.	11:30 ages 3-5	12:00pm ages 3-5	4:00pm ages 5-7	4:00pm ages 3-5	5:00pm ages 5-7	12:30pm ages 3-5	
Kidspin Theater (ages 8-15)*							
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".	5:00pm ages 8 & up	5:00pm ages 8 & up	5:00pm ages 8 & up	5:00pm ages 8 & up	5:00pm ages 8 & up		
Youth Sports Conditioning (ages 6-13)							
Youth Sports Conditioning gives participants the exercise they need to be healthy and fit, all while having a blast in an exciting, noncompetitive, social atmosphere. While this program is not necessarily sport-specific, it will improve performance in children who play sports.	4:00pm ages 6 & up	4:00pm ages 6 & up	4:00pm ages 6 & up				
Gymnastics (ages 1-8)							
Participants will learn to tumble, flip and roll in our fantastic and energizing recreational gymnastics program. Classes teach basic gymnastics skills through the use of themes, music, fun and games.	2:30pm ages 3-4	4:00pm ages 3-5	10:00am ages 1-3*	4:00pm ages 3-5	12:00pm ages 1-3*	9:30pm ages 3-5	
	4:00pm ages 5-6	5:00pm ages 5-7	11:30am ages 3-5	5:00pm ages 5-6	3:00pm ages 3-5		
Drop & Shop (ages 3-12)							
Your kids will have a blast in our program while you shop stress-free. Children can experience one or many of our programs as we rotate them through a variety of fun fitness activities.	9:00am-12:00pm	5:00pm-8:00pm	9:00am-12:00pm	5:00pm-8:00pm	9:00am-12:00pm	9:00am-12:00pm	
			5:00pm-8:00pm				Member: \$5/hour Nonmember: \$6/hour
Laser Tag (ages 6 & older)							
Hide and dodge lasers in our state-of-the art laser tag studio. Each participant hides and 'tags' their opponents to score the most points. One-of-a-kind birthday parties are also available.	4:00pm-8:00pm	4:00pm-8:00pm	4:00pm-8:00pm	3:00pm-9:00pm	12:00pm-7:00pm	12:00pm-5:00pm	
							Member: \$6/game Nonmember: \$7/game
*Ages 6 and older. Please call for availability.							

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

All-Star Sports, Dance, Cheer, Gymnastics, Kidspin

Member \$90
Nonmember \$104

Youth Sports Conditioning

Member \$159
Nonmember \$199

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.



West Nyack | 3565 Palisades Center Drive | 845.358.1818