

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 3-6)							
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.	10:00am ages 3-5					10:00am ages 3-5	12:00pm ages 4-6
Kidspin Theater (ages 8-14)*							
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".						11:00am	
Basketball Clinic (ages 6-12)							
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.	5:15pm ages 6-8						
	6:00pm ages 9-12				5:15pm ages 6-8		
Soccer Clinic (ages 6-10)							
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.			5:00pm				
Lacrosse Clinic (ages 8-12)							
Basic stick skills and drills are the focus of this clinic for both boys and girls.		6:00pm					

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

All-Star Sports/Kids Spin

Member \$112
Nonmember \$132

Lacrosse/Basketball/Soccer Clinics

Member \$126
Nonmember \$149

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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