

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 4-9)							
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 teeball, hockey, soccer, basketball, lacrosse, flag football and track and field.	7:00pm ages 7-9			4:00pm ages 7-9	4:00pm ages 4-6		11:00am ages 4-6
Gymnastics (ages 6 months - 6 years)							
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.	6:00pm ages 4-6		2:00pm ages 6mo-3				10:00am ages 6mo-3
Soccer Clinic (ages 7-13)							
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 ages 7-9					2:00pm ages 10-13
Youth Sports Conditioning (ages 8-15)							
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.			5:00pm ages 8-11			2:00pm ages 12-15	
Basketball Clinic (ages 6-13)							
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.	5:00pm ages 7-9					3:00pm ages 10-13	

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

All-Star Sports, Gymnastics and Kickboxing Kids

Member \$112
 Nonmember \$136
 Kids Member \$96

Sports Clinics

Member \$128
 Nonmember \$144
 Kids Member \$104

Sports Conditioning

Member \$176
 Nonmember \$216
 Kids Member \$160

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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