



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAMS

Spring II

May 1–June 25, 2017

MARTIAL ARTS

This traditional Japanese Martial Arts class allows youth to exercise the entire body and activate every muscle group. Benefits include: improved strength, self-control and mental sharpness while in a safe and caring environment.

AGES

6–13

WHEN

Tuesdays 6:00pm–7:00pm with Mr. Paul

COSTS

Full Member–\$67.00 Program Member–\$87.00



BASKETBALL

These classes are designed to teach the basketball basics of passing, dribbling, shooting, defense and teamwork in a fun and entertaining instructional class setting.

AGES

3–12

WHEN

Preschool (3–5 yr. olds) Wednesdays 5:45pm–6:15pm

Rookies (4–7 yr. olds) Wednesdays 6:15pm–7:15pm

Winners (8–12 yr. olds) Wednesdays 7:15pm–8:15pm

COSTS

Full Member–\$60.00 Program Member–\$75.00



BALLET

These classes are designed to teach the basic of ballet. Children will gain increased coordination, balance, and flexibility.

AGES

2–5

WHEN

Mini (2–3 yr. olds) Sundays 9:00am–9:30am

Preschool (4–5 yr. olds) Sundays 9:30am–10:15 am

COSTS

Full Member–\$60.00 Program Member–\$75.00

