



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SPORTS Winter 2019

January 1-February 24, 2019

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. **(Studio II/GYM)**

AGES

6-13

WHEN

Tuesdays 6:00pm-7:00pm with Mr. Paul

COSTS

Full Member-\$67.00 Program Member-\$87.00



BASKETBALL

2018 Winter Basketball League

Our programs are progressive with multiple age-specific levels.

Games are safe, exciting, and fun. We encourage fair play, positive competition and family involvement. All 3-12 year olds are welcomed! Practices and Games in Studio II

AGES

3-12

WHEN

Practices on Wednesdays

Skills, Drills and Games on Saturdays

COSTS

Full Member-\$85.00 Program Member-\$100.00



BALLET

These classes are designed to teach the basics of ballet. Children will gain increased coordination, balance, and flexibility. **(Studio I)**

AGES

3-8

WHEN

Preschool (3-5 yr. olds) Sundays 11:45am-12:15pm

Youth (6-8 yr. olds) Sundays 12:20pm-1:20pm

COSTS

Full Member-\$60.00 Program Member-\$75.00



Check out our other Youth Development Programs

Friday Night Kids Club

School Day Out Camps

Summer Day Camp

Preschool Playtime

Birthday Parties

After School Program