



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH SPORTS Fall I 2019

September 3–October 27, 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 New registrations must be approved by Paul Linehan, pml2kc@gmail.com, before registering for class

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. **(Studio II/GYM)**

AGES First class starts Sept 11

3–12

WHEN

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

Rookies (6–8 yr. olds) Wednesdays 5:45pm–6:30pm

Winners (8–12 yr. olds) Wednesdays 6:30pm–7:15pm

COSTS

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



CHEER & DANCE

Learn the fundamentals of cheerleading including basic motions, jumps, cheers and chants. Basic dance routines including popular line dances will be also be taught. **(Studio I)**

AGES First class starts Sept 12

6–10

WHEN

Youth(6–10 yr olds) Thursdays 5:00pm–5:45pm

COSTS

Full Member–\$50.00 Program Member–\$65.00



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

