

SPRING



SPORTS CLASS SCHEDULE

APRIL 1 - JUNE 2 (8 WEEK SESSION)

NO SESSIONS MEMORIAL DAY (MAY 27TH) & SPRING BREAK APRIL 15-21

THE "2X" PRICE REFERS TO PARTICIPATING IN 2 CLASSES PER WEEK; "3X" PRICE REFERS TO PARTICIPATING IN 3 CLASSES PER WEEK.

CLASS	LOCATION	MON	TUE	WED	THURS	SAT	SUN	PRICE Mem Non
Sports Development Ages 3&4 45 MINS	Silverlake Gym	11:15AM (7 Weeks)			5:30PM 6:15PM			\$90 \$115
Intro to Taekwondo Level 1 Ages 3+ 45 MINS	Silverlake						12:30PM	\$90 \$115
Beginner Taekwondo Level 2 Ages 7+ 45 MINS	Silverlake						1:15PM	\$90 \$115
Soccer Leagues 9 Weeks Ages 3-8 3/18 - 5/26	Silverlake	Alternates 5:30PM & 6:30PM Age 3 (9 Week League)	Alternates 5:30PM & 6:30PM Ages 4&5 (9 Week League)	Alternates 5:30PM & 6:30PM Ages 6-8 (9 Week League)				\$95 \$115
Learn to Play Pickleball Ages 7-12 45 MINS	Silverlake	5:30PM (7 Weeks)						\$90 \$115

TAEKWONDO DOES NOT INCLUDE THE COST OF UNIFORM.

BELT TESTING DEPENDS ON READINESS OF STUDENT.

ADVANCEMENT TO THE ORANGE BELT IS AN OPEN MONTH-TO-MONTH PROGRAM.

PLEASE CHECK YOUR E-MAIL FOR UPDATES FROM COACH ANDREA AS WELL.

SOCCER LEAGUE: AGE 3

This is non-competitive, co-ed league for children who want to learn how to play soccer! We focus on the fundamental skills of dribbling, passing, shooting, and teamwork in a friendly and fun environment. For the purpose of learning, this league is tailored towards the needs of younger players:

- Season includes 4 practices and 5 games
- Games are 20 minutes long: 4-6minute quarters
- Games played 3v3 kids play a minimum of 2 quarters
- Coach stays on the field to help players and referee
- We do not keep track of the score

PLEASE NOTE THAT MAKE UP GAMES DUE TO WEATHER WILL BE MADE UP ON THE WEEKENDS. REFUNDS WILL NOT BE ISSUED BASE ON WEATHER.

SOCCER LEAGUE: AGES 4-5

This is non-competitive, co-ed league for children who want to learn how to play soccer! We focus on the fundamental skills of dribbling, passing, shooting, and teamwork in a friendly and fun environment. For the purpose of learning, this league is tailored towards the needs of younger players:

- Season includes 2 practices and 7 games
- Games are 32 minutes long: 8 minute quarters
- Games played 3 vs. 3 or 4 vs. 4, kids play a minimum of 2 quarters
- Coach stays on the field to help players and referee
- We do not keep track of the score

PLEASE NOTE THAT MAKE UP GAMES DUE TO WEATHER WILL BE MADE UP ON THE WEEKENDS. REFUNDS WILL NOT BE ISSUED BASE ON WEATHER.

SOCCER LEAGUE: AGES 6-8

This is non-competitive, co-ed league for children who want to learn how to play soccer! We focus on the fundamental skills of dribbling, passing, shooting, and teamwork in a friendly and fun environment. For the purpose of learning, this league is tailored towards the needs of younger players:

- Season includes 2 practices and 7 games
- Games are 32 minutes long: 9 minute quarters
- Games played 4 vs. 4 or 5 vs. 5, kids play a minimum of 2 quarters
- Coach stays on field to help players and referee
- We do not keep track of the score

PLEASE NOTE THAT MAKE UP GAMES DUE TO WEATHER WILL BE MADE UP ON THE WEEKENDS. REFUNDS WILL NOT BE ISSUED BASE ON WEATHER.

Taekwondo

Training includes the teaching of blocks, kicks, punches, and other strikes, sparring, self defense, mental discipline and more tailored towards the age of the participant

Learn To Play Pickleball

Pickleball is a paddle sport similar to Tennis or Badminton. This program aims to teach kids the basics of Pickleball and how to play.

SPORTS DEVELOPMENT: Ages 3 & 4

This class is an introduction to the fundamental skills necessary to participate in a variety of sports and fitness activities. Throughout the session children will be introduced to various skill sets, such as throwing, catching, dribbling, passing, shooting, and striking. All skills will be developmentally appropriate for your child's age and ability. The focus of the class is on the "how to" and the development of correct technique in a fun and friendly environment