

# Sports & Rec

## Soccer

**Soccer *ages 3 - 12:*** Our developmental soccer league focuses on basic skills and good sportsmanship. Volunteer coaches needed. Financial assistance available.

**Fall:** Registration begins: August 1st  
Registration deadline: August 30th

**Spring:** Registration begins: February  
Registration deadline: March  
Practice begin: March

MEM: \$65 PRO: \$85



## Gymnastics

**Tumbling Tots *ages 18 months - 3 years:*** It is a exploratory session introducing the participants to the world of rhythmic movement.

Saturday, 1:00 – 1:30 pm • MEM: \$45 PRO: \$75

**Kinder Gym *ages 3-5 years:*** This class will focus on strength, flexibility, balance and agility.

Saturday, 2:00 – 2:55 pm • MEM: \$50 PRO: \$80

**Bounding Beginners *ages 6-8 years:*** This class will focus on strength, flexibility, balance and agility.

Saturday, 3:00 – 3:55 pm • MEM: \$50 PRO: \$80

**Swim and Gym *ages 6-8 years:*** ½ gymnastics and ½ pool session. Basic skill level instruction for both gymnastics & swimming (only offered during the 3rd session).

Saturday, 4:00 – 4:55 pm • MEM: \$55 PRO: \$85

**Jumping Juniors *ages 9-12 years:*** This a progressive 1 gymnastics for ages 9-12. This class is designed to equip students with the skills necessary for progressive 2 (advance gymnastics)

Saturday, 4:00 – 4:55 pm • MEM: \$50 PRO: \$80

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## Dance & Gymnastic Session Dates

Session 3 : July 24 – September 18

Session 4 : September 25 – November 13

Session 5 : November 20 – December 18

## Dance

*Dance has proven to instill life-long qualities such as confidence, poise, and discipline.*

**Fun in Motion *ages 18 months-3 years with Parents:*** This is a introduction class to dance and open floor gymnastics free play. It is a exploratory session introducing the participants to the world of rhythmic movement.

Saturday, 1:00 – 1:30 pm

MEM: \$45 PRO: \$75

**Pre-Ballet *ages 3-5 years:*** This class introduces basic ballet fundamentals and class structure.

Saturday, 2:00 – 2:55 pm

MEM: \$50 PRO: \$80

**Ballet I *ages 6-8 years:*** This class offers ballet technique and bar work.

Saturday 3:00 – 3:55 pm

MEM: \$55 PRO: \$85

**Hip Hop *ages 6-8 years:*** This class focuses on the basic techniques of hip hop.

Saturday 4:00 – 4:55 pm

MEM: \$55 PRO: \$85

# Sports & Rec

## Karate

**Little Ninja 5.0 ages 5 years:** Beginner karate class!

Blue Belt Class: Tuesdays, 5:30 - 6:15 pm (*Meeting room 3*)

Orientation Class: Thursdays, 5:00 - 5:30 pm (*Heritage Room*)

MEM: \$30 PRO: \$45

**Little Ninja ages 5 years:** Building on learning memory, teamwork and discipline through fun martial art drills

Thursdays, 5:30 - 6:00 pm (*Meeting room 3*)

Saturdays, 10:15 - 10:45 am (*Heritage Room*)

MEM: \$30 PRO: \$45



**Little Ninja 6.0 ages 6-7 years:** Beginner karate class!

Blue Belt Class: Tuesdays, 5:30 - 6:15 pm (*Meeting room 3*)

Orientation Class: Thursdays, 6:00 - 6:45 pm (*Heritage Room*)

MEM: \$40 PRO: \$60

**Little Ninja 6.0 ages 6-7 years:** Will be introduced to age appropriate conflict management skills (anti-bullying, using words) as well as the techniques needed to prepare for advancement into a one hour karate program.

Thursdays, 6:00 - 6:45 pm (*Meeting room 3*)

Saturdays, 9:30 - 10:15 pm (*Heritage Room*)

MEM: \$40 PRO: \$60



**Tang Soo Do ages 8-16 years:** Class goal is to develop confidence, physical fitness, self defense, discipline, overall better health and strengthen mind, body and spirit through training in the martial arts.

**Fridays,**

Beginners, 5:30 - 6:30 pm

Intermediate, 6:30 - 7:30 pm

Advance, 7:30 - 8:30 pm

**Saturdays,**

Beginners, 11:00 am - 12:00 pm

Intermediate, 12:00 - 1:00 pm

Advance, 12:00 - 1:00 pm

**Sundays, (optional- all belts)**

3:00 - 4:00 pm

MEM: \$50 PRO: \$70



## Karate Session Dates

**All Karate classes are ongoing monthly classes.**

Karate uniform is required for class.

Karate uniform, patches and testing fees are an additional cost.

Contact Instructor prior to 1st day of class.

Renard Beatty, Head Instructor,

[Dynamicgm@aol.com](mailto:Dynamicgm@aol.com)

**Adult ages 16+ years:**

**All Belts:**

Tuesdays, 7:00 - 8:00 pm

Sundays, 4:00 - 5:00 pm

**Beginner & Intermediate:**

Fridays, 6:30 - 7:30 pm

**Advance:**

Fridays, 7:30 - 8:30 pm

**Black Belt Class:**

Saturdays, 1:00 - 2:00 pm

MEM: \$50 PRO: \$70



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