

WINTER SESSION GUIDE

2021 HOLIDAY SPECIAL PREVIEW EDITION

SPORTS, RECREATION & PLAY

YOUTH SPORTS

Members: \$60 | Community Participants: \$90

Munchkin Basketball

This class is designed to teach the basics of basketball with emphasis put on dribbling, passing and shooting. We introduce basic rules of the game and develop teamwork.

T | 5:00-5:40PM | 3-5 Years | Coach Eric | Youth Gym

Munchkin Super Sports

A weekly dose of fun and exercise! Super Sports is an chance for your kids to experience new sports and activities in an organized pressure free environment. Activities include Soccer, Basketball, Tag Games, Dodgeball, Kickball, Gaga Ball and a participant choice week.

W | 5:00-5:40PM | 3-5 Years | Coach Eric | Gymnasium

Youth Basketball

Designed to build basic basketball skills and develop a sense of teamwork & game awareness, new skills will be introduced weekly as players build up to game playing situations.

M | 5:00-5:40PM | 5-8 Years | Coach Rob | Gymnasium

T | 5:45-6:25PM | 5-8 Years | Coach Rob | Gymnasium

Youth Dodgeball

A fun game for kids to play in teams, dodgeball helps kids learn how to work together while burning up lots of energy. This class will consist of various dodgeball games such as poison ball, doctor dodgeball, medic, and much more. We use kid-friendly gator skin dodgeballs for fun & safe play. Rules will be enforced that encourage chest & below hits and prohibit head shots.

W | 5:45-6:25PM | 8+ Years | Coach Rob | Gymnasium

Youth Tennis

Teaches the basics and lets children develop the skills they need to play the game. Proper strokes, volleying, serving and rules of the game will be learned. Players need to bring their own racquet.

H | 5:00-5:40PM | 5-7 Years | Coach Eric | Gymnasium

H | 5:45-6:25PM | 8+ Years | Coach Eric | Gymnasium

AQUATICS

GROUP SWIM LESSONS

Members: \$55 | Community Participants: \$110

Stage A/B Water Exploration

Parents accompany children in Stage A/B, which introduces infants & toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety & aquatic skills.

Parent & Child (6-36 Months)

T | 5:45-6:15PM | TP

W | 5:15-5:45PM | LP

H | 5:45-6:15PM | TP

Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

Preschool (3-5 Years)

T | 3:30-4:00PM | TP

W | 4:40-5:10PM | TP

W | 7:35-8:05PM | TP

H | 4:05-4:35PM | LP

Youth (6+ Years)

T | 6:30-7:00PM | LP

W | 4:40-5:10PM | LP

W | 7:00-7:30PM | LP

H | 7:00-7:30PM | LP

Stage 2 Water Movement

In Stage 2, students focus on body position & control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Preschool (3-5 Years)

T | 4:05-4:35PM | TP

W | 3:30-4:00PM | LP

W | 5:50-6:20PM | LP

H | 3:30-4:00PM | TP

Youth (6+ Years)

T | 7:00-7:30PM | LP

W | 5:15-5:45PM | LP

H | 6:30-7:00PM | LP

Stage 3 Water Stamina

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm & leg action.

Preschool (3-5 Years)

W | 4:05-4:35PM | LP

W | 6:25-6:55PM | LP

Youth (6+ Years)

T | 7:30-8:00PM | LP

W | 5:50-6:20PM | LP

H | 7:35-8:05PM | LP

Stage 4 Stroke Introduction

Students in Stage 4 develop stroke technique in front & back crawl and learn the breaststroke & butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Youth (6+ Years)

W | 6:25-6:55PM | LP

H | 7:30-8:00PM | LP

Teen & Adult Beginner Lessons

These lessons are a combination of Stage 1/2 and Stage 3/4, depending on class experience.

T | 8:00-8:30PM | LP

H | 8:00-8:30PM | LP

SWIM LESSONS START JANUARY 10

SPORTS CLASSES START JANUARY 3