



Program Descriptions

Hip Hop /Jazz: High-energy classes encourage students to bring their own individual personality to the street dancing movements of breaking, popping, and locking. The program focuses on learning proper technique while improving performance quality and developing complex rhythms and patterns.

Cheerleading: You've got the spirit and we can teach you the rest to be a top cheerleader. Our Cheerleaders learn half-time routines using dance sequences, tumbling and chants to be performed at Club basketball games.

Ballet: The foundation of all dance forms, our Ballet program will maximize technique and longevity in the career for any young dancer. We emphasize grace, poise, posture, flexibility, fitness, balance, self-discipline, and self-confidence.

Gymnastics: This hour long class focuses on children of all ages and ability levels. The curriculum is specifically designed to help children build their fundamental gymnastics skills as well as prepare them for more advanced classes.

Art Class: Kids will explore a variety of creative techniques including canvas painting, collage, liquid water color, weaving, paper dyeing, oil pastel, and more. The classes will encourage our young artists to find and to develop their own style and the skills needed to express it.

Digital Art: This program helps members master the technology needed to create art work on the computer. Workshops offered include music and video production, digital photo and video editing, and computer aided design.

DJ Mixing: This is the perfect starting point for anyone looking to become a DJ. Our hands-on instruction will teach kids the fundamentals of mixing, blending, and scratching. We provide all gear necessary for the class.

Coding Class: An introduction to computer science, our class is designed to demystify "code". Anybody can learn the basics of JavaScript and use it to develop problem solving skills, logic and creativity.

GaGa League: A variant of dodgeball that is played in a "GaGa pit". The game combines dodging, striking, running, and jumping, with the objective of being the last person standing. Players roll and bounce the ball at each other and are eliminated if it strikes them on or below the knee.

Soccer: Stressing fundamentals and fun, our soccer players are taught the game through practice, skill drills and games. The emphasis will be on teamwork, passing, scoring, and learning why soccer is known as "the beautiful game."

Basketball Open Gym: High School Players are welcome to drop in on Friday evenings to play 2-on-2, 3-on-3, HORSE, Knockout and more. Open gym is designed for teens to play the games that make you love basketball.

Swimming: Knowing how to swim is essential to the safety of every child. In our Buddy Winslow Swim program, we partner with the Glen Cove YMCA so our kids can learn to swim in a fun, safe, and supportive environment with trained professionals. Kids are transported from the Club to the Y and back. Space is limited.

Volleyball League: Participants will be taught the fundamentals of volleyball including serving, setting and spiking. Regular games and practices will help kids gain ball control, net skills, and on understanding of the rules in a fun and friendly environment.

All Star Sports Program: Baseball, Softball, Dodgeball, Flag Football, Kickball, Soccer, GaGa and Ninja Warrior Challenge will be included in this fun program. We will feature a new "sport" or game every week.

Kids In The Kitchen: Our kids will learn the fundamentals of healthy eating, nutrition, and fresh ingredients, while preparing easy recipes and mastering essential kitchen skills.

STOP IN ... *And Register Today!*

**FALL
REGISTRATION**

Member's Name: _____ D.O.B.: _____ Female/Male _____

Grade: _____ Parents Email: _____

Activity _____ Cost \$ _____

Activity _____ Cost \$ _____

Activity _____ Cost \$ _____

_____ **Total:** \$ _____



FALL PROGRAMS 2018

September 24th - December 21st

MONDAY

Gymnastics

\$75.00

K - 4th 4:30pm-6:00pm
5 - 12th 6:00pm-7:30pm

DJ Mixing

\$75.00

4 - 12th 4:30pm-5:30pm

Volleyball League

\$30.00

6 - 12th 3:30pm-4:30pm

TUESDAY

Art

\$75.00

K - 4th 4:30pm- 5:30pm

GaGa League

\$30.00

6 - 12th 3:30pm-4:30pm
3 - 5th 4:30pm-5:30pm

Soccer

included with membership

K-1st - 5:00pm-6:00pm
2-5th - 6:00pm-7:00pm

Cheerleading

\$50.00

3 - 5th 5:00pm-6:00pm

WEDNESDAY

Digital Art

\$75.00

3 - 12th 4:30pm-5:30pm

Ballet

\$50.00

K - 4th 4:30pm-5:30pm

Hip Hop/Jazz

\$50.00

K - 4th 5:30pm-6:30pm

THURSDAY

Art

\$75.00

5 - 12th 4:30pm- 5:30pm

Coding Class

\$50.00

6 - 12th 4:30pm-5:30pm



FRIDAY

Swimming

\$200.00

K - 12th 5:00pm-6:00pm

Soccer Clinic

included with membership

K - 2nd 4:00pm-7:00pm

Basketball Open Gym

from 7pm-10pm.
Grades 9 - 12th

SATURDAY

Gymnastics

\$75.00

K - 4th 10:00am-11:30am
5 - 12th 11:30am-1:00pm

All Star Sports

\$50.00

K - 2nd 10:00am- 11:00am
3 - 5th 12:00pm-1:00pm

Kids In The Kitchen

\$75.00

K - 12th 11:00am-12:00pm

Stay in touch with us.

For updates, enter this number: 81010 and text @kellyfer