

Sports & Fitness Classes ~ Grades K-9

Online registration starts on August 16, 2016 at 10:00 am.

| Class | Instructor | Day/Time | Grade | Fee | |
|---------------------------------------|--------------|--|-----------------|-------|-------|
| Basketball Senior Squirts | USSI | Mon 3:30-4:30pm | K-1 | \$125 | |
| | | 4:30-5:30pm | 1-3 | \$125 | |
| Basketball Clinic | On The Court | Sat 2:00-3:00 pm | K | \$80 | |
| | | 3:00-4:00 pm | 1 | \$80 | |
| | | 4:00-5:00 pm | 2 | \$80 | |
| Development Play Tennis | USSI | Mon 6:00-7:00pm | 3-5 | \$125 | |
| | | Fri 6:00-7:00 pm | 3-5 | \$145 | |
| | | Sat 11am-12 pm | 3-5 | \$145 | |
| | | | 12-1 pm | 6-9 | \$145 |
| Foundation Tennis | USSI | Mon 5:00-6:00 pm | K-3 | \$125 | |
| | | Fri 5:00-6:00 pm | K-3 | \$145 | |
| | | Sat 10:00-11:00 am | K-3 | \$145 | |
| | | | 11:00-12:00 pm | 3-5 | \$145 |
| | | | 12:00 pm-1:00pm | 6-9 | \$145 |
| Golf Senior Squirts | USSI | Thu 4:30-5:30pm | 1-3 | \$139 | |
| Junior Team Tennis | USSI | Mon 7:00-8:30pm | 6-9 | \$309 | |
| Lacrosse Senior Squirts/Girls | USSI | Thu 4:30-5:30 pm | K-3 | \$139 | |
| Lacrosse Senior Squirts/Boys | | | K-3 | \$139 | |
| Speed & Agility Training (2 sessions) | Mike Czech | Thu 4:30-5:30 pm | 3-9 | \$100 | |
| Soccer Senior Squirts | USSI | Fri 4:30-5:30 pm | K-2 | \$139 | |
| Table Tennis | Howard Lee | Sat 9:30-10:30 am | 4-8 | \$80 | |
| | | 10:30-11:30 am | 4-8 | | |
| | | Sun 2:00-3:00 pm | 4-8 | \$80 | |
| Track & Field Senior Squirts | USSI | Sat 10-11am | 1-3 | \$139 | |
| | | 11am-12pm | 1-3 | \$139 | |
| Volleyball Girls | Ellen Law | Monday Scrimmage 6:00-7:00 pm & Wednesday Instruction 7:00-8:30 pm | 5-6 | \$115 | |
| | | Monday Instruction 7:00-8:30 pm & Wednesday Scrimmage 6:00-7:00 pm | 7-8 | \$115 | |

- See descriptions for class dates.
- Non-residents may register, starting on August 29, 2016 for an additional \$20 fee per program, space permitting.
- Many of these classes are also offered during the spring session, January 30 to May 19, 2017. Registration for the spring session opens December 5, 2016.
- No Classes: Sept 27 (Bond Referendum), Oct 3 (Rosh Hashanah), Oct 10 (Columbus Day), Oct 12 (Yom Kippur), Nov 7-12 (Teacher Convention), Nov 23-25 (Thanksgiving), Dec 2-Jan 6 (Holiday Break), Jan 16 (MLK)

Class Descriptions

BASKETBALL CLINIC (Grades K-2): Learn basic basketball skills in these sessions of drills, skills and game/scrimmage play. Five Saturdays: 9/24, 10/1, 10/15, 10/22, 10/29 Location: Municipal Center Gym

BASKETBALL SENIOR SQUIRTS (Grades K-1, 1-3): Senior Squirts program is designed to introduce your budding NBA star to the high energy game of basketball! Players will develop a good understanding of teamwork. Mondays: Sept 12, 19, 26; Oct, 17, 24, 31. Location: Municipal Basketball Courts

DEVELOPMENT PLAY TENNIS (Grades 3-5, 6-9): Allows players to work towards refining their technique, generating consistent rallying skills, and grasping how to dictate direction of play to make game winning shots. Players provide their own racket. Mondays: Sept 12, 19, 26; Oct, 17, 24, 31. Fridays: Sept 23, 30; Oct, 7, 14, 21, 28; Nov 4. Saturdays: Sept 17, 24; Oct 1, 8, 15, 22, 29; Nov 5. Location: Municipal Tennis Court Complex

FOUNDATION TENNIS (Grades K-3, 3-5, 6-9): Foundation Tennis is a beginner level class. Activities are delivered in a low pressure, yet energetic environment, ensuring optimal learning. Players provide their own racket. Mondays: Sept 12, 19, 26; Oct, 17, 24, 31. Fridays: Sept 23, 30; Oct, 7, 14, 21, 28; Nov 4. Saturdays: Sept 17, 24; Oct 1, 8, 15, 22, 29; Nov 5. Location: Municipal Tennis Court Complex

GOLF SENIOR SQUIRTS (Grades 1-3): Using the SNAG system's modified golf clubs, Golf - Senior Squirts players will be encouraged to develop the correct chipping, putting and driving techniques. Thursdays: Sept 22, 29; Oct 6, 13, 20, 27; Nov 3. Location: Grove Terrace Field

JUNIOR TEAM TENNIS (Grades 6-9): Provides premium instruction to experienced players looking to take their game to the next level. Along with professional coaching and evaluation, players have the chance to compete against other USSI Junior Tennis Teams, and will be notified of any local youth tennis tournaments. Players provide their own racket. Mondays: Sept 12, 19, 26; Oct, 17, 24, 31. Location: Municipal Tennis Court Complex

LACROSSE (Grades K-3): The program is taught in a relaxed atmosphere with the emphasis on fundamental skills and technique in order to help all children progress and succeed. Participants learn how to play lacrosse through a series of fun activities and take part in small scrimmages. All equipment is provided. Thursdays: Sept 22, 29; Oct 6, 13, 20, 27; Nov 3. Location: Municipal Tennis Court Complex

SPEED & AGILITY TRAINING (Grades 3-9): Improve performance and excel at your sport with the right training! Features sports specific movements, more explosive starts, quicker cuts & first step, faster reaction time, stronger joints, injury prevention, and improved balance & coordination. Session I: 9/15, 9/22, 9/29; 10/6, 10/13. Session II: 10/20, 10/27; 11/3, 11/17; 12/1. Location: Municipal Center Gym

SOCCER SENIOR SQUIRTS (Grades K-2): This is the next best step for younger players looking to progress from First Play soccer camp or Soccer Squirt classes. Players will be introduced to the basic techniques of dribbling, passing and shooting through structured exercises and fun, small-sided scrimmages. Fridays: Sept 23, 30; Oct, 7, 14, 21, 28; Nov 4. Location: Grove Terrace Field

TABLE TENNIS (Grades 4-8): Learn the rules, strokes, footwork and speed required to play table tennis (ping pong). Paddles supplied. Saturday Dates: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5 Sunday Dates: 9/18, 9/25, 10/2, 10/9, 10/16, 10/30, 11/6. Location: Municipal Center, Room G-2

TRACK & FIELD SQUIRTS (Grades 1-3): Focusing on running, jumping and throwing, our progressive Track & Field curriculum enables each player to develop their skills and understanding of balance, muscle control and kinetic development. Saturdays: Sept 17, 24; Oct 1, 8, 15, 22, 29; Nov 5. Location: Grove Terrace Field

VOLLEYBALL (Girls, Grades 5 & 6 and Grades 7 & 8): Instructor-run drills will enhance skill development and focus on the basics: passing, spiking, setting, serving, etc. Monday Dates: 9/19, 9/26, 10/17, 10/24, 11/14, Wednesday Dates: 9/21, 9/28, 10/5, 10/19, 10/26, 11/2, 11/16. Location: NP High School/Middle School Gyms.