

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
First Class: 5/8/17 Last Class: 7/3/17	First Class: 5/9/17 Last Class: 6/27/17	First Class: 5/10/17 Last Class: 6/28/17	First Class: 5/11/17 Last Class: 6/29/17	First Class: 5/13/17 Last Class: 6/30/17
Ninja Warrior 4:30pm-5:15pm (Ages 4-6) Tumbling Room	Mommy & Me Music and Motion 9:30am-10:15am (Ages 0-2) Tumbling Room	Superheroes 4:30pm-5:15pm (Ages 2-3) Tumbling Room	Dance & Play 9:30am-10:15am (Ages 2-3) Tumbling Room	Kinder-play 9:00am-9:45am (Ages 2-3) Tumbling Room/ Studio 2
Basketball 5:00pm-5:45pm (Ages 8+) Gymnasium		Gymnastics 5:00pm-5:45pm (Ages 4-6) Tumbling Room		Ninja Warrior 9:15am-10:00am (Ages 6-8) Tumbling Room
Superhero Siblings 5:15-6:00pm (All Ages) Tumbling Room	Indoor Soccer 5:30pm-6:15pm (Ages 4-6) Gymnasium	Mixed Martial Arts 6:00pm-6:45pm (Ages 4-6) Studio 1	Flag Football 5:00pm-5:45pm (Ages 6-8) Tumbling Room	Basketball 10:15am-11:00am (Ages 4-6) Gymnasium
Mixed Martial Arts 6:00-6:45pm (Ages 6-8) Studio 1				Kids Badminton 11:15am-12:00pm (All Ages) Gymnasium

8-Week 2017 Spring 2 Session

Session Begins: Monday, May 8th

Session Ends: Monday, July 3rd

(No classes Memorial Day, 5/29/17)

REGISTRATION OPENS: Thursday, April 20th

REGISTRATION COST:

- NJAC **Family** Membership: \$10 registration fee per class
- NJAC **Individual/Couple** Membership: \$108 per class
- **Non-members:** \$120 per class

Classes are held once per week for 8 weeks. Registration is open to members and non-members of NJAC.

NJAC Family Memberships include up to 2 children, and allow each child to register for up to 2 youth classes per session (2 classes per week, for 8 weeks).

NJAC Youth Programming Policies:

- **REGISTRATION** is required for all classes. Participants may only attend classes for which they are registered. Drop-ins are not permitted without filling out a trial class waiver.
- **ATTIRE** should not interfere with physical activity. All participants should wear athletic clothing (t-shirt with shorts or sweatpants) and must wear sneakers. Children who wear flip flops, boots, crocs, etc. will not be allowed to participate. Children are not permitted to wear jewelry and hair must be secured up and out of the face.
- **DROP OFF/PICK UP** for all classes is located in the Kids Club, where an instructor will pick participants up and return them at the end of class. A parent/guardian may escort a child to their class area, but children should not be permitted to walk through the club unaccompanied.
- **CLASS AREA** and equipment is off-limits to participants, parents, and siblings, unless under the direct supervision of an instructor. Absolutely no one is permitted in the class areas before the designated class time.
- **REFUNDS** will not be given at any time for cancellations by participants. Credits will be given with a doctor's note. Any cancellations after the start of the session will not receive a refund or credit. Classes with fewer than 3 children enrolled are subject to cancellation, with full refund given.

Class Descriptions

Ninja Warrior: Challenge your child to build their strength, speed, and agility in this high-flying, action-packed class! Throughout the session children will test their upper-body strength, engage in various obstacle courses, and work on agility training. Your child will leave class feeling like a true ninja!

Basketball: In NJAC's basketball class, your little All-star will engage in various skills and drills that will help improve their skills on the court. From dribbling and passing, to refining their shooting skills, our experienced instructors will have your child playing like a pro in no time!

Superhero Siblings: Our "Superhero Siblings" class will emphasize the importance of team-work, and help children gain self-confidence while engaging in "super" games and activities each week. Brothers and sisters of all ages are encouraged to join together to learn, grow, and play in this super-class!

Mixed Martial Arts: This class will introduce children to the exciting world of mixed martial arts. In addition to promoting overall health and fitness, martial arts help promote focus, discipline, and self-esteem.

Mommy and Me Music & Motion: In this "mommy and me" style class, parents/guardians will join the instructor in helping their infant move and groove to the music. Children will increase motor skills by making music, and engaging in fun games and activities with their parents!

Indoor Soccer: Keep your child's soccer skills sharp in our indoor soccer class. Kids will learn passing shooting, dribbling, and trapping in an indoor setting with skilled instructors.

Superheroes: This class will have your child jumping, diving, and rolling their way to Superhero status! Our Superheroes class will help the kids' unleash their super powers. From super-strength to super-speed, there will be a super power to suit every hero's interest.

Gymnastics: Our introductory gymnastics class covers a variety of skills that will help increase your child's balance, strength, and flexibility. Kids will have a blast jumping on the trampoline, and learning basic tumbling techniques.

Dance & Play: This class promotes fun through creative movement and exploration. Through the use of music and fun dance moves, our instructors will keep students actively engaged throughout every class!

Flag Football: Our flag football class will have kids engaging in skills and drills to help improve their football skills. In addition to learning the fundamentals of football, children will engage in a friendly pick-up game each week. Our experienced instructors will help build the children's stamina and strength on and off the field.

Kinder-play: Children will have a blast in our kinder-play class! Our instructors will lead the kids in various games and activities that will have them jumping, running, and rolling their way to fitness!

Kids' Badminton: In our kids' badminton class, instructors will help children learn how to properly hit the birdies, how to hold the rackets, and how to make return passes. This open-play style class is sure to be fun for all ages!