

NJAC YOUTH PROGRAMS

Fall 2017 Session

September 11th - November 18th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
First Class: 9/11/2017 Last Class: 11/13/2017	First Class: 9/12/2017 Last Class: 11/14/2017	First Class: 9/13/2017 Last Class: 11/15/2017	First Class: 9/14/2017 Last Class: 11/16/2017	First Class: 9/16/2016 Last Class: 11/18/2017
	Dance & Play (Ages 2-4) 9:30-10:15am Tumbling Room			Ninja Warriors (Ages 6+) 9:00-9:45am Tumbling Room
Superheroes (All Ages) 5:00-5:45pm Tumbling Room		Ninja Warriors (Ages 4-6) 5:00-5:45pm Tumbling Room	Tiny Tumblers (Ages 2-4) 5:00-5:45pm Tumbling Room	Kardio Kids (Ages 4-6) 9:15-10:00am Studio 2/ Indoor Track
Capoeira Kids (Ages 6+) 6:00-6:45pm Studio 1	Indoor Soccer (Ages 6+) 5:30-6:15pm Gymnasium	Family MMA (All Ages) 6:00-6:45pm Studio 1	Basketball (Ages 4-6) 5:45-6:00pm Gymnasium	Basketball (Ages 8+) 10:00-10:45am Gymnasium

10-WEEK SESSION

Monday, September 11th – Saturday, November 18th

REGISTRATION COST:

NJAC Family Membership: \$10 reg. fee per class

NJAC Individual/Couple Membership: \$135 per class

Non-members: \$150 per class

Classes are held once per week for 10 weeks. Registration is open to members and non-members of the 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 10 weeks).

NJAC Youth Programming Policies

- **REGISTRATION** is required for all classes. Participants may only attend classes for which they are registered. Drop-in's are not permitted without filling out a trail 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.

Class Descriptions

Superheroes: This class will have your child jumping, diving, and rolling their way to Superhero status! Kids will complete physical challenges designed to promote motor skills, balance, strength, speed, and agility.

Capoeira Kids: This Brazilian martial art combines elements of dance, acrobatics, and music. NJAC's 'Capoeira Kids' class will help improve your child's flexibility, power, and focus; all while the kids have a fun time dancing and moving to the music!

Dance & Play: This class promotes fun through creative movement and exploration. Use of music and fun dance moves will keep students actively engaged throughout every class!

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!

Ninja Warriors: Challenge your child to build their strength, speed, and agility in this high-flying, action-packed class! Throughout the session children will be involved in various obstacle courses, games, and activities that will transform them into true ninja warriors.

Family MMA: Get the entire family together to break a sweat! This class will introduce families to the exciting world of mixed martial arts. In addition to promoting overall health and fitness, Martial Arts helps promote focus, discipline, and self-esteem for all ages.

Tiny Tumblers: In our introductory gymnastics class, our experienced instructors will cover a variety of tumbling skills that will help increase your child's balance, strength, and flexibility.

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. This class is sure to improve participant's endurance and precision on the field this spring.

Kardio Kids: Get your child's heart pumping in our fun kids cardio class! Kids will spend the class running, playing, and jumping their way to fitness.