

Kids Programs

Boxing for Kids - Ages 9 and up • Saturday's 11:00 AM - 12:00 PM

Beginner level, non-contact. Learn footwork, conditioning, defensive moves and punches using bags and mitts.

Fencing - Ages 7 and up • Tuesday's

Beginner - 6:00 PM - 7:00 PM / Intermediate - 7:15 PM - 8:15 PM

Introduction to fencing. Students will learn proper stance, basic footwork, blade work and techniques.

Hip Hop / Jazz* - Ages 6 - 10 • Wednesday's - 5:15 PM - 6:00 PM

A high-energy class learning new dance moves to today's music.

Kids in Motion** - Ages 1 - 5 • Tuesday's

Kids in Motion I - Ages 1 & 2 with parent • 10:15 AM - 10:45 AM

Kids in Motion II - Ages 3 - 5 • 9:15 AM - 10:00 AM

A gross motor development class with equipment and upbeat music.

Racquetball for Kids* - Ages 8 and up • Monday's - 5:15 PM - 6:00 PM

This group beginner level clinic will teach the basics of racquetball including: forehand, backhand, game rules, strategies, serves and returns.

Babysitters Course - Ages 12 and up • Saturday, March 30th - 9:00 AM - 4:00 PM

This course will make sure your essential skills are up-to-date with today's most recent guidelines for care. Successful completion of the course will result in a 2-year certification from the American Safety and Health Institute.

Swim Lessons - Ages 6 months to Adult • Once per week

Group : Monday, Tuesday, Wednesday, Thursday or Saturday

Private : Must arrange hours with instructor

Red Cross Certified Swim lessons increase skills and improve self confidence.

Martial Arts - Ages 4 - 11 • Wednesday's

PeeWees : Ages 4 - 7 • 5:00 PM - 5:30 PM

Juniors : Ages 8 - 11 • 5:30 PM - 6:15 PM

Anthony Quatrochi's Martial Arts Institute comes to All Sport with superior training and techniques.

Ballet* - Ages 4 - 6 • Wednesday's - 4:30 PM - 5:15 PM

Learn the basics and fundamentals of ballet and dance.

QuickStart Tennis - Ages 7 - 12 • Saturday's in May

Ages 7 - 9 • 3:00 PM - 4:00 PM

Ages 10 - 12 • 4:00 PM - 5:00 PM

The fast, fun easy way to get kids into Tennis.

Taught by a certified Tennis Professional.

Call or visit to register : #845-896-5678
karen@allsporthealthandfitness.com



CAMP FIT OPEN HOUSE
Saturday, April 27th
11:00 AM - 2:00 PM
Quickstart Tennis,
Crafts, Inflatables,
Games & More!

ALLSPORT
health & fitness

* No charge for Family Plus Members

** No Charge for All Sport Members

NON-MEMBERS WELCOME!

Kids Programs

School Age Child Care - Grades K - 6th Grade

Supervised care programs for before and/or after school in a safe and caring environment. Activities include sports and games, swimming, arts & crafts and homework assistance. Offered 3 -5 days a week.

Transportation to be provided by Wappinger's School District.

Registration now open for the 2019-20 school year.

Kids Night Out - Ages 5 and up

Kids will enjoy a night of swimming or a movie, gym games, arts & crafts, healthy snacks and fun! One Friday night each month.

March 15th, April 5, May 3

School's Out Holiday Camp - Ages 5 -12 • 8:00 AM - 5:30 PM

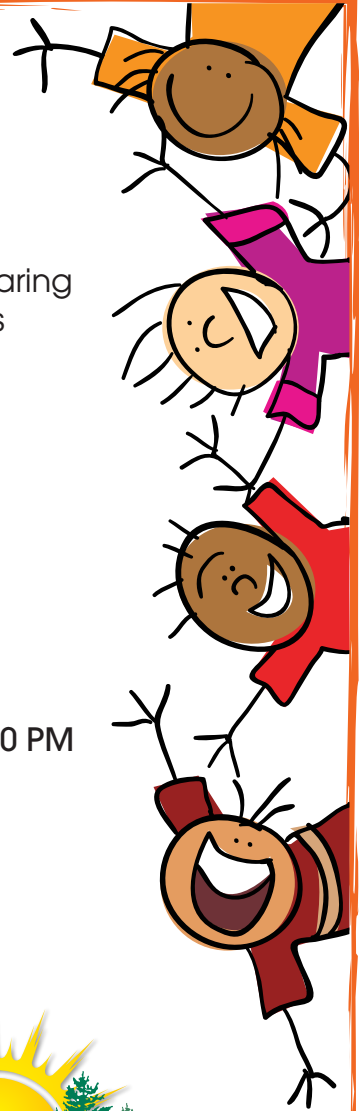
Day camp offered when schools are closed for holidays.

Keep your child healthy, safe and active at All Sport.

April 15-19, April 22, May 24

Birthday Parties - All ages

Many to choose from! Pool party, Sports & Games, Nerf Dart Tag, Dance Party, Kids in Motion



CAMP FIT 2019
 Play, explore, create and learn!
Register Today:
www.allsporthealthandfitness.com



Kids Programs - Spring 2019

Spring I : April 1 - May 18 • Spring II : May 20 - June 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Lessons Racquetball	Swim Lessons Fencing Kids in Motion	Martial Arts Ballet Hip Hop / Jazz Swim Lessons	Swim Lessons	Kids Night Out <small>*once a month</small>	Swim Lessons Boxing Tennis <small>*Saturday's in May</small>

See back for program descriptions and times.

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