

FALL 2019

KIDS PROGRAMS

Babysitters Course - Ages 12 and up

Saturday, October 26th: 9:00 AM - 3:00 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. **Instructor: Andy DiLuvio**

Boxing for Juniors - Ages 8-12 • Saturdays

Saturdays: 11:00 AM - 12:00 PM

Beginner level clinic (non-contact). Learn footwork, conditioning, defensive moves and punches using bags and focus mitts. **Instructor: Fred Rosa**

Fencing - Ages 7 and up • Tuesdays

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. **Instructor: Alexander Turoff**

Kids in Motion I & II** - Ages 1-5 • Tuesdays

Kids in Motion I (Ages 1-2): 10:15 AM - 10:45 AM with parent

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

A gross motor development class that includes activities utilizing an assortment of equipment to fun, upbeat music. The focus of this class is on structure, hand-eye coordination, balance and listening skills. **Instructor: Sue Bernstein**

Martial Arts - Ages 4-11 • Thursdays

Pee Wees (Ages 4-7): 5:00 PM - 5:30 PM

Juniors (Ages 8-11): 5:30 PM - 6:15 PM

Equips young students with the skills they need to face life's ever-changing challenges and succeed. **Instructor: Anthony Quatrochi's Martial Arts Institute**

Racquetball for Kids* - Ages 8 and up • Mondays

Mondays: 5:15 PM - 6:00 PM

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

Swim Lessons - Ages 6 months to Adult

Group: Monday, Tuesday, Thursday or Saturday

Private: Must arrange hours with instructor

Red Cross Certified Lessons that increase skills and improve self-confidence.

Tennis - Ages 7-12 • Saturdays

Ages 7-9: 3:00 PM - 4:00 PM

Ages 10-12: 4:00 PM - 5:00 PM

The fast and fun way to get kids into tennis. Utilizes balls, racquets, nets and courts that are sized just right. **Instructor: Linda Edgar**

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Fall I: September 15th - November 2nd

Fall II: November 4th - December 21st



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons Racquetball *	Swim Lessons Fencing Kids in Motion **		Swim Lessons Martial Arts	Kids Night Out (once a month)	Swim Lessons Boxing Tennis Birthday Parties	Birthday Parties
School Age Child Care	School Age Child Care	School Age Child Care	School Age Child Care	School Age Child Care		

*No charge for Family Plus Members
**No charge for All Sport Members

Keeping Kids Healthy and Active!

Birthday Party - All Ages

Celebrate your birthday party with us! 90 minute party with one hour activity. So many different party themes to choose from! Nerf Dart Tag Party, Sports Party, Dance Party, Pool Party, Kids In Motion Party, Fun & Games Party, Arts & Crafts Party, and Lego Party.

Kids Night Out - Ages 5 and up

October 11th • November 8th • December 13th

Kids will enjoy a night of fun and games while you enjoy a night out. There will be swimming or a movie, gym games, arts & crafts, healthy snacks and tons of fun! One Friday each month from 6:30 PM - 9:30 PM.

School's Out Holiday Camp - Ages 5-12

WCSD Vacation Days: 8:00 AM - 5:30 PM

Day camp offered when your kids are out on school break during the year. Keep your child healthy, safe and active at All Sport. Activities may include sports, games, swimming, arts & crafts, and more.

School Age Child Care - Grades K - 6th

7:00 AM until school begins and/or dismissal until 6:00 PM

Supervised care program for school-age children before and/or after school. Activities to include sports and games, swimming, arts and crafts, and homework assistance. Transportation to be provided by Wappingers Central School District.

REGISTER TODAY • Non-Members Welcomed!

ALLSPORT
health & fitness

For more information or to register
call/visit the Program Desk.

#845-896-5678 • info@allsporthealthandfitness.com