

Youth Classes

Fitness

SOCCER SKILLS

Ready, Set, Score! Participants will continue to enhance their skills with different soccer drills. In addition, participants will play scrimmage games throughout the session. This class is great for anyone who wants to continue learning in the off season.

Location: Waterways Park

5 - 6 yrs.

March 21 - May 9	M	4:30 - 5:30 PM	313202-01
Residents		\$59	
Non-Residents		\$71	

7 - 9 yrs.

March 21 - May 9	M	5:45 - 6:45 PM	313202-02
Residents		\$59	
Non-Residents		\$71	

10 - 14 yrs.

March 21 - May 9	M	7:00 - 8:00 PM	313202-03
Residents		\$59	
Non-Residents		\$71	

5 - 6 yrs.

March 27 - May 15	Su	10:15 - 11:15 AM	313202-04
Residents		\$59	
Non-Residents		\$71	

7 - 9 yrs.

March 27 - May 15	Su	11:30 AM - 12:30 PM	313202-05
Residents		\$59	
Non-Residents		\$71	

10 - 14 yrs.

March 27 - May 15	Su	9:00 - 10:00 AM	313202-06
Residents		\$59	
Non-Residents		\$71	

STRENGTH & CONDITIONING

This program offers youth athletes a fun, yet intense, strength and conditioning program that will increase athletic performance and reduce the risk of injuries. This class will combine strength training with cardio workouts including acceleration and agility drills. This class is suitable for children of all athletic abilities. Participants should bring a bottle of water and a towel.

Location: Waterways Park

7 - 9 yrs

March 24 - May 12	Th	5:30 - 6:30 PM	313204-03
Residents		\$59	
Non-Residents		\$71	

10 - 14 yrs

March 24 - May 12	Th	6:30 - 7:30 PM	313204-04
Residents		\$59	
Non-Residents		\$71	



JUNIOR PUNTERS

Ready, Set, Hike! This new class is designed for the more advanced football player. Participants will continue to develop their football skills throughout class time. Ages 5 - 6 yrs.

Location: Founders Park

March 23 - May 11	W	4:30 - 5:30 PM
Residents		\$59
Non-Residents		\$71



FOOTBALL FUNATICS

Down, Set, Hike! Participants will brush up on their football skills. Class time will be spent learning proper stances, position responsibilities, throwing, catching, and running. This class promotes positive self esteem and teamwork.

Location: Waterways Park

7 - 9 yrs.

March 22 - May 10	T	5:00 - 6:00 PM
Residents		\$59
Non-Residents		\$71

10 - 14 yrs.

March 23 - May 11	W	6:00 - 7:00 PM
Residents		\$59
Non-Residents		\$71

Youth Classes

Fitness

GYMNASTICS

This structured class includes basic gymnastic tumbling skills designed to stimulate hand & eye coordination and increase strength. 5 - 10 yrs.

March 21 - May 9 M 3:15 - 4:30 PM
\$64 312303-01

March 21 - May 9 M 4:30 - 5:30 PM
\$59 312303-02

March 25 - May 13 F 3:15 - 4:30 PM
\$64 312303-03

ADVANCED GYMNASTICS

Take your gymnastics to the next level! Build on the basics in tumbling and learn new acrobatics techniques. 8 - 12 yrs.

March 25 - May 13 F 4:30 - 5:30 PM
\$59 312303-05



BOYS GYMNASTICS

This class will teach boys the basics of gymnastics as well as give them the opportunity to learn about hard work, dedication and teamwork. This class will also improve on their strength, quickness, and agility. 5 - 10 yrs.

March 25 - May 13 F 3:15 - 4:30 PM
\$64 312303-04

FITNESS FUNATICS

Looking for a different kind of workout? Students will learn fun and exciting ways to get into shape. Whether it's participating in a game of dodge ball or capture the flag, this class will be a great way to relieve energy after a long day of school! 6 - 9 yrs.

March 22 - May 10 T 3:15 - 4:15 PM
\$59 312201-07

EXTREME CHEER

Take your cheerleading to the next level! Students will learn a variety of cheers and dances as well as basic stunting. 8 - 11 yrs.

March 23 - May 11 W 3:15 - 4:30 PM
\$64 312306-01



KARATE

This martial arts program presents life skills such as memory, discipline, coordination and concentration. The program is an excellent way to gain confidence and self-defense skills. Uniform and equipment is recommended to ensure full participation. 5 - 10 yrs.

March 22 - May 10 T 3:15 - 4:15 PM
\$59 312405-03

March 22 - May 10 T 4:15 - 5:15 PM
\$59 312405-04

SKILLS, DRILLS & MORE

Whether you are looking to brush up on your basketball skills or a group of people to play with, this class will work for you. Learn different skills on improving your game while scrimmaging against fellow classmates.

Ages 5 - 7

March 21 - May 9 M 3:15 - 4:30 PM
\$64 312301-04

Ages 8 - 12

March 23 - May 11 W 3:15 - 4:30 PM
\$64 312301-05

Dance

LATIN JAZZ

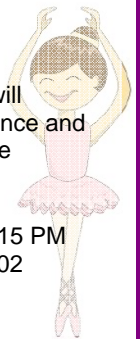
This is an introduction to high energy jazz taught with a Latin flare! Latin jazz rhythms, including salsa dance, cha cha and meringue will be taught. This class will introduce Latin jazz routines with an emphasis on style, energy and expression. Jazz shoes and leggings are recommended. 5 - 10 yrs.

March 23 - May 11 W 3:15 - 4:15 PM
\$59 312111-04

BALLET

This class introduces students to basic ballet technique. It consists of floor warm-ups, barre exercises and ballet combinations. Students will have the opportunity to develop strength, balance and flexibility. Leotard, tights and ballet slippers are recommended. 5 - 7 yrs.

March 25 - May 13 F 3:15 - 4:15 PM
\$59 312101-02



Special Interest

TUTOR TIME

Get caught up on homework! Study for tests! Our tutors will be happy to help you with any homework and/or projects you may have. 5 - 14 yrs.

March 22 - May 10 T 4:15 - 5:15 PM
\$59 312309-03

March 22 - May 10 T 5:15 - 6:15 PM
\$118 312309-04

Youth Classes

Special Interest

HEBREW CLUB

This year-round club is designed to teach children about the Hebrew culture. Children will experience Hebrew reading and writing, mitzvot, holiday and bible stories. With a fun approach, children will enjoy exploring the Jewish year. Please note an annual supply fee of \$30.00 is due to the instructor the first day of class. Two books will be required to be purchased.

Age 5 yrs.

March 23 - May 11 W 3:15 - 4:15 PM
\$59 312414-09

Ages 6 - 8 yrs: Beginner

March 22 - May 12 T/TH 3:15 - 4:15 PM
\$118 312414-10

Ages 6 - 8 yrs: Intermediate

March 21 - May 13 M/F 3:15 - 4:15 PM
\$118 312414-11

Ages 9 - 10 yrs: Intermediate

March 21 - May 13 M/F 3:15 - 4:15 PM
\$118 312414-12

LEGO ROBOTICS

This class will enable your child to work as a scientist, mathematician, engineer, and creative writer. Children will build and program a working model that they can use for different purposes. 6 - 12 yrs.

March 23 - May 11 W 4:30 - 6:30 PM
\$118 312108-03



GUITAR

Lessons focus on the familiarization of notes, scales, arpeggios and chord progressions which will lead to playing songs and recording music. Small structured classes for the beginner to the advanced student. Students will be required to bring an acoustic guitar to each lesson. Music book can be purchased through the instructor on the first day of class. 5 - 10 yrs.

March 24 - May 12 TH 3:15 - 4:15 PM
\$59 312404-01

KEYBOARD

This class is designed for students with no previous music experience. Students will familiarize themselves with basic rhythm and note reading. Music book can be purchased from the instructor on the first day of class. Students must bring their own keyboard. 5 - 10 yrs.

March 22 - May 10 T 3:15 - 4:15 PM
\$59 342305-04



LOUD & PROUD

Do you want to learn to sing with confidence? This class will help you gain control of your voice through simple exercises and ear training in a supportive, low pressure group setting. 6 - 10 yrs.

March 24 - May 12 TH 4:15 - 5:15 PM
\$59 342306-02

SILLY SCIENCE

Become Aventura's next mad scientist! Children will explore the world of science through silly games and experiments. A \$20 supply fee is due to the instructor at the first class. 7 - 10 yrs.

March 24 - May 12 TH 3:15 - 4:15 PM
\$59 312409-02

THE DRAWING STUDIO

Learn how to draw what you see using vine charcoal sticks just like the great masters! Children will grow and build confidence in this enjoyable, pressure free environment. A \$30 supply fee is due to the instructor at the first class.

Ages 5 - 8:

This age group will focus on the lights and darks using charcoal and learning to blend.

March 24 - May 12 TH 4:15 - 5:15 PM
\$59 312415-07

Ages 9 - 14:

This age group will focus on more detailed oriented work and manipulating the charcoal.

March 21 - May 9 M 4:15 - 5:15 PM
\$59 312415-09

SCULPEY

Kids will work with bakeable clay to design their own masterpieces including picture frames, pins, magnets and more. Students will learn how to plan out their projects on paper then create them using colored clay. A \$25 supply fee is due to the instructor at the first class. 5 - 9 yrs.

March 25 - May 13 F 3:15 - 4:15 PM
\$59 312403-02

