

Youth-Teen Fitness/Cultural Arts (Mommy & Me/Toddler/School Age Programs)

Youth Lessons: November 9, 2009 - January 24, 2010 (9 weeks)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 am	Toddler Gym (20 months - 2½ yrs.) 40 min.	Come Play With Me* 9:30 - 11am		Tot's-N--Music I 9:30 - 10:15am (12 - 20 months)	Come Play With Me* (9:30 - 11:00am)	Little Musketeers 11am
11 am	Tiny Tots 12 - 20 months/35 min. (11:15am)					Pre-Teen Weight Workout* (11 - 13 yrs) 45 min. 12 Noon
3 - 5 pm		Loft Playtime*	NEW Pre-Ballet* (3 - 4 yrs) 3:15 - 4:00pm	Loft Playtime*	Pre-Teen Weight Workout* (11 - 13 yrs) 45 min. 4:15pm	Loft Playtime* NEW 9 - 11:00am
4:15 pm	Fit Kids I (4 - 5 yrs) 45 min. / Loft		Pre-Teen Weight Workout* (11 - 13 yrs) 45 min.		Drama Kids 4 - 5 yrs. 4:15pm	
4:15 pm	Pre-Teen Weight Workout* (11 - 13 yrs) Drama Kids - 4:30 (6 - 10 yrs) NEW				Drama Kids 6 - 8 yrs. 5:00pm	
5:30 pm	Guitar-Beginner* 6 yrs,+ 45 min.		Drums* 4:30 6 yrs.+ 45 min.		Drama Kids 9 - 12 yrs. 6:00pm	
6:00 pm			Karate* 1st grade to Jr. High (90 min) - 10 weeks		Acting Academy 13 - 17 yrs. 7:00pm	

**PRE-TEEN*
WEIGHT FEES:
(9 weeks)**

Membership +

1x **\$70**
2x **\$133**
3x **\$196**

YOUTH FITNESS FEES: (9 weeks)
Program Membership + \$72
Full Membership + \$42

except LIFESTYLE CLASSES (indicated with an *)

LIFESTYLE CLASSES

Guitar/Drums (6 yrs+)
Come Play with Me **\$85**
Loft Playtime **\$110**
Karate **\$50**
Pre-Ballet **\$90**

DRAMA KIDS - On-line registration and class information at www.dramakids.com/NY1 Call 516-876-4228.

LITTLE MUSKETEERS - Fencing for boys/girls, 7-9yrs. For info email Coach John Wilhelm at aerobictraining@yahoo.com - 917-324-7442

TOTS N" MUSIC - Parents and children will enjoy a class of musical games, activities, dance, and fun!

LOFT PLAYTIME - Unstructured playtime in our Children's playroom. Parents must be present with the child. Balance beams, tunnels, slides, balls and more. Come in and play! Attendant will be on duty. No shoes during class. Choose from Tues./Thurs afternoon or Sat. am.

PRE-BALLET - (3 - 4 yrs.) Basic introduction to the art of ballet and classical music. Encourages creative movement while developing control, coordination, balance and basic ballet techniques. Attire: Light blue leotard, pink tights, pink ballet slippers.

ALL SCHEDULES ARE
SUBJECT TO CHANGE

*LIFESTYLE