



Junior Academy

Summer 2014

Ages 6 months–17 years



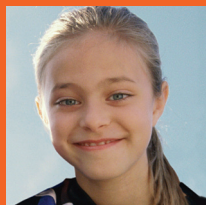
EASTERN ATHLETIC

Program

Registration

In person or phone

Register by May 31st – classes begin June 9!



Schedule

10-week program + 1 Make-up (or Bonus Week)

Private Swim Lessons are 10 weeks with no make-ups or bonus week

Sundays	June 15–August 17	10 weeks, no make-up
Mondays	June 9–August 18	10 weeks + 1 Make-up (or Bonus Week)
Tuesdays	June 10–August 19	10 weeks + 1 Make-up (or Bonus Week)
Wednesdays	June 11–August 20	10 weeks + 1 Make-up (or Bonus Week)
Thursdays	June 12–August 21	10 weeks + 1 Make-up (or Bonus Week)
Saturdays	June 14–August 23 (no class 7/5)	10 weeks, no make-up

Fees

Class fees, except as noted:

Child of Member \$255

Child of non-Member \$305

Payment by check or credit card only, please. No cash accepted. All course fees are to be paid upon registration.

Refunds

Prior to the first class, a full refund will be given, less a \$50 cancellation fee. No refunds after the first class.

Make-ups

One make-up is available each session on the 11th week. No credit is issued for missed classes.

Guidelines

We reserve the right to cancel any class due to insufficient enrollment and to substitute instructors when necessary.

Please refer to the separate Junior Academy Guidelines for health and safety rules and regulations.

Please note that children (siblings) not attending class may not stay in the Club during class except in Child Care.

Locations

Brooklyn Heights (BHC) 43 Clark Street 718 625-0500

Prospect Park (PPC) 17 Eastern Parkway 718 789-4600

easternathleticclubs.com

REGISTER NOW
SPACE IS LIMITED
Our 11-Week Program
Starts June 9th





Ballet

Primary Ballet 3–7 years

This class is designed for both boys and girls interested in exploring new ways to move and dance while having fun in a creative, exciting atmosphere. Children will learn to transform their ideas and feelings into the exciting language of dance.

BHC	Monday	3.30-4.15pm	Jillian
PPC	Thursday	3.30-4.15pm	Jillian

Level 1 Ballet 7–12 years

All dancers, in every style, need ballet training to establish a solid core and a basic repertoire of movement. This class prepares students for the world of dance by providing a coherent, systematic approach to ballet instruction, with emphasis on the fun and enjoyment of movement. The importance of correct body placement, port de bras, and stretching is stressed, as well as presentation and performance skills that will enhance the student's sense of confidence and presence.

BHC	Monday	4.30-5.15pm	Jillian
PPC	Thursday	4.30-5.15pm	Jillian





Fitness Training

This class is designed to increase flexibility, stamina, lean muscle mass, and confidence by using cardiovascular exercises and weight training, resulting in much improved sports performance. This small class is taught by a certified instructor. Limited to 4 per class.

BHC	10-12 years	Monday	3.30-4.15pm	Aleksey
		Wednesday	3.30-4.15pm	Aleksey
	13-17 years	Monday	4.30-5.15pm	Aleksey
		Wednesday	4.30-5.15pm	Aleksey
PPC	10-12 years	Tuesday	3.30-4.15pm	Otto
		Thursday	3.30-4.15pm	Otto
	13-17 years	Tuesday	4.30-5.15pm	Otto
		Thursday	4.30-5.15pm	Otto

Gymnastics

Tumbling Toddlers

Children are gently introduced to structure as they learn body awareness, socialization skills, and gain confidence through success on age- and skill-appropriate obstacles. Children run, jump, climb, swing, balance, and sing with the continual support of their parent or caregiver and our certified instructors. Limited to 8 per class.

BHC	1-2 years	Monday	10.00-10.45am	Christine
		Tuesday	11.00-11.45am	Christine
		Wednesday	10.00-10.45am	Mari
	2-3 years	Monday	11.00-11.45am	Christine
		Tuesday	10.00-10.45am	Christine
		Wednesday	11.00-11.45am	Mari
PPC	1-2 years	Thursday	9.00-9.45am	Mari
	2-3 years	Thursday	10.00-10.45am	Mari

Beginner Gymnastics

Newly independent and on their own in class, children learn basic skills and body positions in this progressive pre-school gymnastics program. They develop strength, flexibility, coordination, and self-confidence...a solid foundation for any future sport venture. Limited to 8 per class.

BHC	3-4 years	Monday	3.30-4.15pm	Christine
	4-5 years	Monday	4.30-5.15pm	Christine
		Wednesday	3.30-4.15pm	Mari
	5-6 years	Thursday	3.30-4.15pm	Christine
	6-7 years	Thursday	4.30-5.15pm	Christine
	6-8 years	Wednesday	4.30-5.15pm	Mari
PPC	3-4 years	Thursday	3.30-4.15pm	Mari
	5+ years	Thursday	4.30-5.15pm	Mari



Squash

Junior 3-Week Mini-Session

This program consists of a weekly 45-minute session with a Club Pro teaching proper form, footwork, strategy, and drills. Classes are taught on glass-backed WSF-certified courts. Age and Level guidelines are given for registration purposes; students may be assigned to sections outside of their age range based upon skill level. Limited to 6 per class.

Beginner–Advanced Beginner

BHC	6-9 years	Tuesday	3.30-4.15pm	Staff	June 10–June 24
		Wednesday	3.30-4.15pm	Staff	June 11–June 25
		Wednesday	4.15-5.00pm	Staff	June 11–June 25

Intermediate

BHC	10-12 years	Tuesday	4.15-5.00pm	Staff	June 10–June 24
		Wednesday	5.00-5.45pm	Staff	June 11–June 25

Fee \$80 child of Member, \$95 child of non-Member (3-week session).





Lesson Series

This 5-week series of 30-minute lessons offers personalized attention. For Semi-Private lessons, students form their own group and register together. Lessons are offered weekdays at 2.45pm, 3.15pm, or 3.45pm for 5 consecutive weeks. No make-ups. Fees are per student.

BHC	7-14 years	Mondays Tuesdays Wednesdays Thursdays	Session 1	Session 2
			June 9–July 7 June 10–July 8 June 11–July 9 June 12–July 10	July 14–August 11 July 15–August 12 July 16–August 13 July 25–August 14
Fee	(30-minute Lessons)		Private	Semi-Private¹
			5 Lessons	5 Lessons
	Member		\$240 ²	\$130 ²
	Non-Member		\$270	\$160

¹ Students form their own group and register together.

² The child, in addition to the parent, must be a Member to qualify for the Member rate.

Swim



Please note that to place in a class or to graduate to the next level of instruction, a child must demonstrate the required skills to the satisfaction of the instructor.

Baby & Me

Children become comfortable in the water; they learn kicking, blowing bubbles, reaching, holding onto the pool edge, and going underwater. Note: at BHC end time alternates each week with half of the class finishing at 11.40am and half at 11.50am. Limited to 12 per class at BHC; 18 per class at PPC.

BHC	6mos-3 years	Monday	11.00-11.40/50am	Judy
		Tuesday	11.00-11.40/50am	Judy
		Wednesday	11.00-11.40/50am	Judy
		Thursday	11.00-11.40/50am	Judy
PPC	6mos-3 years	Monday	11.00-11.45am	Erick
		Tuesday	11.00-11.45am	Erick

Pre-Beginner

Lessons include beginning work on water adjustment skills, bobbing (rhythmic breathing), prone floats, back floats, flutter kicks, glides, and arm movement. Equipment includes kickboards. Note first class at BHC on Friday: end time alternates each week with half of the class finishing at 11.40am and half at 11.50am. Limited to 8 per class.

BHC	3-5 years	Monday	2.30-3.15pm	Judy
		Tuesday	3.30-4.15pm	Katie
		Wednesday	3.30-4.15pm	Judy
		Thursday	4.30-5.15pm	Katie
PPC	3-5 years	Monday	3.30-4.15pm	Erick
		Tuesday	3.30-4.15pm	TBA
		Wednesday	3.30-4.15pm	Erick
		Thursday	11.00-11.45am	Erick

Beginner

Beginner swimmers must be able to perform all Pre-Beginner skills. Lessons include the beginner crawl, changing direction, turning over, leveling off, flutter kick, and arm movements. Limited to 10 per class.

BHC	4-8 years	Monday	3.30-4.15pm	Judy
		Tuesday	4.15-5.00pm	Judy
		Wednesday	2.30-3.15pm	Katie
		Thursday	3.30-4.15pm	Katie
PPC	4-8 years	Monday	3.30-4.15pm	TBA
		Tuesday	3.30-4.15pm	Erick
		Tuesday	4.30-5.15pm	TBA
		Wednesday	4.30-5.15pm	Erick
		Thursday	3.30-4.15pm	Erick

Advanced Beginner

Participants must perform Beginner skills. These lessons develop endurance in the crawl stroke, rhythmic side breathing, safety skills, underwater swimming, and elementary backstroke. Limited to 12 per class.

BHC	6-9 years	Monday	4.15-5.00pm	Judy
		Wednesday	4.15-5.00pm	Judy
PPC	6-9 years	Monday	4.30-5.15pm	TBA
		Tuesday	4.30-5.15pm	Erick
		Thursday	4.30-5.15pm	Erick

Intermediate

Intermediate swimmers should be able to perform Advanced Beginner skills. Lessons expand on the crawl, changing direction, turning over, leveling off, flutter kick, and arm movements. Limited to 12 per class.

BHC	7+ years	Monday	5.00-5.45pm	Judy
PPC	7+ years	Monday	4.30-5.15pm	Erick

Advanced/Competitive

A continuation of Intermediate skills plus the basics of Competitive Swim techniques. Limited to 12 per class.

BHC	7+ years	Tuesday	5.00-5.45pm	Judy
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Private Lessons

Fee \$885 child of Member; \$935 child of non-Member

A series of 1-on-1 private swim lessons is available with an instructor who helps the student with the basics or improves technique. Private Lessons are 10 weeks with no make-ups or bonus week.

BHC	3+ years	Monday	2.30-3.15pm	Staff
		Tuesday	3.30-4.15pm	Staff
		Wednesday	3.30-4.15pm	Staff
		Wednesday	5.00-5.45pm	Staff
		Thursday	2.30-3.15pm	Staff
		Saturday	2.00-2.45pm	Staff
		Saturday	3.00-3.45pm	Staff
		Sunday	2.00-2.45pm	Staff
		Sunday	3.00-3.45pm	Staff
PPC	3+ years	Monday	3.30-4.15pm	Staff
		Tuesday	3.30-4.15pm	Staff
		Tuesday	4.30-5.15pm	Staff
		Wednesday	3.30-5.15pm	Staff
		Thursday	3.30-4.15pm	Staff
		Thursday	4.30-5.15pm	Staff





Tennis

Our program offers an exciting and innovative tennis experience guaranteed to keep even the youngest players laughing, learning, and involved. Small racquets (which are provided), foam balls, and short nets give kids more control over the game, adding to an enjoyable time. This course will be taught on a Racquetball Court at BHC.

Limited to 8 per class.

BHC	3+ years	Wednesday	3.30-4.15pm	Staff
	4+ years	Wednesday	4.30-5.15pm	Staff
	5+ years	Wednesday	5.30-6.15pm	Staff

Lesson Series

This 5-week series of 30-minute lessons offers personalized attention. For Semi-Private lessons, students form their own group and register together. Lessons are offered weekdays at 2.45pm, 3.15pm, or 3.45pm for 5 consecutive weeks. No make-ups. Fees are per student.

BHC	7-14 years	Session 1	Session 2	
		Mondays	June 9–July 7	July 14–August 11
		Tuesdays	June 10–July 8	July 15–August 12
		Wednesdays	June 11–July 9	July 16–August 13
		Thursdays	June 12–July 10	July 25–August 14

Fee	(30-minute Lessons)	Private	Semi-Private¹	
		5 Lessons	5 Lessons	
		Member	\$240 ²	\$130 ²
		Non-Member	\$270	\$160

¹ Students form their own group and register together.

² The child, in addition to the parent, must be a Member to qualify for the Member rate.