

NEW!

Swim lessons with
4 kids per class!



Junior Academy

Fall 2015

Ages 6 months–17 years



EASTERN ATHLETIC

Program

Registration

In person or phone

Register now, space is limited – classes begin September 9th!



Schedule

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

Sundays	September 13 - January 17	(no class 11/29, 12/20, 12/27, 1/3)
Mondays*	September 21 - January 18	(no class 12/21, 12/28)
Tuesdays	September 22 - January 19	(no class 12/22, 12/29)
Wednesdays	September 9 - January 20	(no class 9/23, 11/25, 12/23, 12/30)
Thursdays	September 10 - January 14	(no class 11/26, 12/24, 12/31)
Fridays	September 11 - January 15	(no class 11/27, 12/25, 1/1)
Saturdays	September 12 - January 16	(no class 11/28, 12/19, 12/26, 1/2)

* Monday classes meet on Columbus Day and Martin Luther King Day.

Fees

Class fees, except as noted:

Child of Member	\$375
Child of non-Member	\$450

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

Refunds

Up to 10 days prior to the first class, a full refund less a \$50 cancellation fee will be given. Less than 10 days prior to the first class, a refund of 50% will be given. **No refunds after the first class.**

Make-ups

One make-up is available each session on the 16th 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 should 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—CLASSES FILL
16-Week Program Starts September 9



Dance

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.

BH Wednesday 3.30-4.15pm Staff

PPC Tuesday 3.30-4.15pm Staff

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.

BH Wednesday 4.30-5.15pm Staff

PPC Tuesday 4.15-5.00pm Staff



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 safety-certified instructors. Limited to 8 per class.

BHC	1–2 years	Monday	10.00-10.45am	Christine Staff
		Wednesday	10.00-10.45am	
	2–3 years	Monday	11.00-11.45am	Christine Staff
		Wednesday	11.00-11.45am	
PPC	1–2 years	Thursday	9.30-10.15am	Izzy
	2–3 years	Thursday	10.30-11.15am	Izzy

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
		Wednesday	3.30-4.15pm	Mari
	4-5 years	Monday	4.30-5.15pm	Christine
		Wednesday	4.15-5.00pm	Mari
	6+ years	Monday	5.30-6.15pm	Christine
		Wednesday	5.00-5.45pm	Mari
PPC	3-4 years	Thursday	3.30-4.15pm	Mari
	5+ years	Thursday	4.30-5.15pm	Mari





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 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	Elcio
	13–17 years	Monday	4.30-5.15pm	Aleksey
		Wednesday	4.30-5.15pm	Elcio
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



Karate

A class designed to help Juniors build focus, confidence, balance, coordination, and strength, as well as practical self-defense skills. Moderate contact will be part of this class.

Sensei Izzy has been training in the martial arts for over 15 years. His foundation being traditional Japanese karate, he has also studied Capoeira, Brazilian Jiujitsu, the Japanese sword styles Kendo, Iaido, and weapons-style Jodo. Sensei Izzy has also competed at international tournaments in Thailand and Japan. He currently holds a third-degree black belt in Kenshikai Karate-do and has been teaching children and adults for over ten years.

At the discretion of the instructor, students may test for a belt up to twice a year (testing fees apply). Uniforms are required and should be purchased from the instructor.

Beginner–Intermediate

BHC	4–7 years	Thursday	3.30-4.15pm	Sensei Izzy Perez
	8–12 years	Thursday	4.15-5.00pm	Sensei Izzy Perez

Squash

Clinics



This 16-week program consists of a weekly 45-minute session with a Club Pro teaching proper form, footwork, strategy, and drills. 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

BHC	6–9 years	Tuesday	3.30-4.15pm	Auchee
		Wednesday	3.30-4.15pm	Auchee
	10–12 years	Wednesday	4.15-5.00pm	Auchee

Intermediate–Advanced

BHC	10–12 years	Tuesday	5.00-5.45pm	Auchee
		Wednesday	5.00-5.45pm	Auchee
	13–17 years	Tuesday	4.15-5.00pm	Auchee

Fee \$405 child of Member, \$470 child of non-Member.

Drills

Our Staff Pros conduct drills designed to touch on all the major strokes and sharpen games skills. These drills are an important adjunct to lessons. Minimum 4, limited to 8.

BHC	10–17 years	Friday	5.00-5.45pm	Staff
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Fee \$195 child of Member, \$260 child of non-Member (16 weeks).

Lesson Series

This 16-week series of 45-minute lessons offers personalized attention. For Semi-Private lessons, students form their own group and register together. This Lessons Series is offered weekends only at 3.30pm, 4.15pm, or 5pm. No make-ups. Fees are per student.

BHC	10–17 years		Private 45-min. Lessons	Semi-Private ¹ 45-min. Lessons
Fee	Member	Staff Pro	\$1,040 ²	\$575 ²
		Head Pro	\$1,280 ²	\$ –
	Non-Member	Staff Pro	\$1,280	\$815
		Head Pro	\$1,520	\$ –

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.

Lesson Series

This 16-week series of 45-minute lessons offers personalized attention. For Semi-Private lessons, students form their own group and register together. Lessons are offered weekdays at 3.30pm, 4.15pm, or 5pm. No make-ups. Fees are per student.

BHC	10–17 years		Private 45-min. Lessons	Semi-Private ¹ 45-min. Lessons
Fee	Member	Staff Pro	\$1,040 ²	\$575 ²
		Head Pro	\$1,280 ²	\$ –
	Non-Member	Staff Pro	\$1,280	\$815
		Head Pro	\$1,520	\$ –

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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 6 months-3 years

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.

BHC	Group 12	Monday	11.00-11.40/50am	Judy	\$395
		Tuesday	11.00-11.40/50am	Judy	\$395
		Wednesday	11.00-11.40/50am	Judy	\$395
PPC	Group 12	Tuesday	11.00-11.45am	Erick	\$395
		Thursday	11.00-11.45am	Erick	\$395

Child of non-Member \$75 additional.

New!
Swim lessons with 4 kids per class!

Pre-Beginner 3-5 years

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.

BHC	Group 4	Monday	3.30-4.15pm	Staff	\$575
		Monday	4.15-5.00pm	Staff	\$575
		Tuesday	3.30-4.15pm	Judy	\$675
		Tuesday	3.30-4.15pm	Staff	\$575
	Group 8	Thursday	3.30-4.15pm	Staff	\$575
		Tuesday	4.15-5.00pm	Judy	\$395
		Thursday	3.30-4.15pm	Gil	\$395
PPC	Group 4	Tuesday	3.30-4.15pm	Staff	\$575
		Wednesday	3.30-4.15pm	Erick	\$675
		Thursday	3.30-4.15pm	Staff	\$575
	Group 8	Monday	3.30-4.15pm	Erick	\$395

Child of non-Member \$75 additional.

Beginner 4-8 years

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.

BHC	Group 4	Monday	3.30-4.15pm	Judy	\$675
		Tuesday	4.15-5.00pm	Staff	\$575
		Wednesday	3.30-4.15pm	Gil	\$675
		Wednesday	3.30-4.15pm	Staff	\$575
		Wednesday	4.15-5.00pm	Staff	\$575
		Thursday	4.15-5.00pm	Staff	\$575
	Group 10	Thursday	4.15-5.00pm	Gil	\$395
		Friday	3.30-4.15pm	Judy	\$395
PPC	Group 4	Monday	3.30-4.15pm	Staff	\$575
		Wednesday	3.30-4.15pm	Staff	\$575
		Thursday	3.30-4.15pm	Erick	\$675
	Group 10	Tuesday	3.30-4.15pm	Erick	\$395

Child of non-Member \$75 additional.



Advanced Beginner 6-9 years

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

BHC	Group 4	Wednesday	4.15-5.00pm	Gil	\$675
		Friday	4.15-5.00pm	Staff	\$575
	Group 10	Monday	4.15-5.00pm	Judy	\$395
PPC	Group 4	Tuesday	4.30-5.15pm	Erick	\$675
		Tuesday	4.30-5.15pm	Staff	\$575
		Wednesday	4.30-5.15pm	Staff	\$575
	Group 10	Wednesday	4.30-5.15pm	Erick	\$395

Child of non-Member \$75 additional.

Intermediate 7+ years

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.

BHC	Group 4	Monday	5.00-5.45pm	Staff	\$575
		Friday	5.00-5.45pm	Gil	\$675
	Group 10	Tuesday	5.00-5.45pm	Judy	\$395
PPC	Group 10	Monday	4.30-5.15pm	Erick	\$395

Child of non-Member \$75 additional.

Advanced/Competitive 7+ years

A continuation of Intermediate skills plus the basics of Competitive Swim techniques.

BHC	Group 4	Monday	5.00-5.45pm	Judy	\$675
		Wednesday	5.00-5.45pm	Gil	\$675
	Group 10	Thursday	5.00-5.45pm	Gil	\$395
PPC	Group 10	Thursday	4.30-5.15pm	Erick	\$395

Child of non-Member \$75 additional.





Private Lessons 3+ years

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 15 weeks with no make-ups or bonus week.

BHC	Individual	Monday	2.30-3.15pm	Staff
		Tuesday	2.30-3.15pm	Staff
		Wednesday	2.30-3.15pm	Staff
		Thursday	2.30-3.15pm	Staff
		Friday	2.30-3.15pm	Staff
		Friday	3.30-4.15pm	Staff
		Friday	5.00-5.45pm	Staff
		Saturday	2.00-2.45pm	Staff
		Saturday	3.00-3.45pm	Staff
		Sunday	12.00-12.45pm	Staff
		Sunday	2.00-2.45pm	Staff
		Sunday	3.00-3.45pm	Staff
PPC	Individual	Monday	2.30-3.15pm	Staff
		Tuesday	2.30-3.15pm	Staff
		Wednesday	2.30-3.15pm	Staff
		Thursday	2.30-3.15pm	Staff
		Sunday	2.00-2.45pm	Staff
		Sunday	3.00-3.45pm	Staff
Fee	Staff Instructor	\$1,275 Member; \$1,350 Non-Member		
	Elite Instructor	\$1,425 Member; \$1,500 Non-Member (Erick, Gil, Judy)		



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. Limited to 6 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

Private 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	Private Five Weeks	Semi-Private ¹ 5 Weeks	
Fee	Child of Member	\$240 ²	\$130 ²	Staff
	Child of Non-Member	\$270	\$160	Staff

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.