

NEW!

Swim lessons with
4 kids per class!



Junior Academy Summer 2015

Ages 6 months–17 years



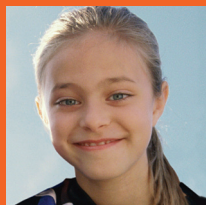
EASTERN ATHLETIC

Program

Registration

In person or phone

Register by May 31st – classes begin June 7!



Schedule

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

Private Swim Lessons are 11 weeks with no make-ups or bonus week

Sundays	June 7–August 30	(no class 6/28, 7/5)
Mondays	June 8–August 31	(no class 6/29)
Tuesdays	June 9–September 1	(no class 6/30)
Wednesdays	June 10–September 2	(no class 7/1)
Thursdays	June 11–September 3	(no class 7/2)
Saturdays	June 13–August 29	(no class 7/4)

Fees

Class fees, except as noted:

Child of Member \$280

Child of non-Member \$335

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



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	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





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
		Wednesday	10.00-10.45am	Mari
	2-3 years	Monday	11.00-11.45am	Christine
		Wednesday	11.00-11.45am	Mari
PPC	1-2 years	Thursday	9.00-9.45am	Izzy
	2-3 years	Thursday	10.00-10.45am	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
	4-5 years	Monday	4.30-5.15pm	Christine
		Wednesday	3.30-4.15pm	Mari
	6+ 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 9–June 23
		Wednesday	3.30-4.15pm	Staff	June 10–June 24
		Wednesday	4.15-5.00pm	Staff	June 10–June 24

Intermediate

BHC	10-12 years	Tuesday	4.15-5.00pm	Staff	June 9–June 23
		Wednesday	5.00-5.45pm	Staff	June 10–June 24

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		Session 1	Session 2
		Mondays	June 8–July 13	July 20–August 17
		Tuesdays	June 9–July 14	July 21–August 18
		Wednesdays	June 10–July 15	July 22–August 19
		Thursdays	June 11–July 16	July 23–August 20
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 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
		Tuesday	11.00-11.40/50am	Judy
		Wednesday	11.00-11.40/50am	Judy
PPC	Group 12	Monday	11.00-11.45am	Erick
		Tuesday	11.00-11.45am	Erick

Fee \$280. Child of non-Member \$55 additional.

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	Katie
		Thursday	3.30-4.15pm	Katie
		Thursday	4.15-5.00pm	Katie
	Group 8	Tuesday	4.15-5.00pm	Judy
		Wednesday	3.30-4.15pm	Carmen
PPC	Group 4	Tuesday	3.30-4.15pm	Gabriel M.
		Thursday	4.30-5.15pm	Gabriel M.
	Group 8	Monday	3.30-4.15pm	Erick

Fee Group 4: \$435; Group 8: \$280. Child of non-Member \$55 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	4.15-5.00pm	Katie
		Wednesday	4.15-5.00pm	Carmen
	Group 10	Tuesday	3.30-4.15pm	Judy
PPC	Group 4	Wednesday	3.30-4.15pm	Gabrielle
		Thursday	3.30-4.15pm	Gabriel M.
	Group 10	Wednesday	4.30-5.15pm	Erick

Fee Group 4: \$435; Group 10: \$280. Child of non-Member \$55 additional.

New!

Swim lessons with 4 kids per class!

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	Tuesday	5.00-5.45pm	Carmen
		Wednesday	4.15-5.00pm	Carmen
	Group 10	Thursday	4.15-5.00pm	Judy
PPC	Group 4	Tuesday	3.30-4.15pm	Erick
		Thursday	3.30-4.15pm	Gabrielle
	Group 10	Tuesday	4.30-5.15pm	Erick

Fee Group 4: \$435; Group 10: \$280. Child of non-Member \$55 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.

PPC	Group 10	Monday	4.30-5.15pm	Erick
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Fee \$280. Child of non-Member \$55 additional.

Advanced/Competitive 7+ years

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

BHC	Group 10	Monday	5.00-5.45pm	Judy
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Fee \$280. Child of non-Member \$55 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 11 weeks with no make-ups or bonus week.

BHC	Individual	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	Individual	Monday
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

Fee \$935. Child of non-Member \$55 additional.





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 6 per class.

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

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BHC	4-12 years		Session 1	Session 2
		Mondays	June 8–July 13	July 20–August 17
		Tuesdays	June 9–July 14	July 21–August 18
		Wednesdays	June 10–July 15	July 22–August 19
		Thursdays	June 11–July 16	July 23–August 20

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		Member	Non-Member
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