



Junior Academy

Fall 2014

Ages 6 months–17 years



EASTERN ATHLETIC

Program

Registration

In person or phone

Register by August 28th – classes begin September 4th!

Schedule

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

Sundays	September 7 - January 11	(no class 11/30, 12/21, 12/28, 1/4)
Monday	September 8 - January 12	(no class 10/13, 12/22, 12/29)
Tuesdays	September 9 - January 13	(no class 11/11, 12/23, 12/30)
Wednesdays	September 10 - January 14	(no class 11/26, 12/24, 12/31)
Thursdays	September 4 - January 22	(no class 9/25, 10/9, 11/27, 12/25, 1/1)
Fridays	September 5 - January 16	(no class 9/26, 11/28, 12/26, 1/2)
Saturdays	September 6 - January 17	(no class 10/4, 11/29, 12/20, 12/27, 1/3)



Fees

Class fees, except as noted:

Child of Member \$355

Child of non-Member \$420

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 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 where possible we ask that children (siblings) not attending class attend Child Care. If not possible, direct supervision by an adult is required.

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 16-week program
begins September 4th





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	Monday	3.30-4.15pm	Jillian
PPC	Friday	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.

BH	Monday	4.30-5.15pm	Jillian
PPC	Friday	4.15-5.00pm	Jillian



Creative Movement 3–6 years

Creative Movement is a fun way for students to learn movement, rhythm, and creativity. Through a series of structured exercises and guided improvisations, students learn to use their imagination, grow confident as a person and performer, and work individually and as a team. Basic ballet and modern steps will be taught for a strong dance foundation. Parents are invited to see their child's progress during the final class.

BH Wednesday 5.15-6.00pm Mari

Beginner Jazz & Modern Dance 7–12 years

This exciting class is an introduction to basic Jazz/Modern technique. Our focus will be on musicality, stretching and strengthening, and – of course – fun! This will be a supportive environment for boys and girls to learn how to dance, starting with the basic principles of isolations, rhythmic footwork, turns, and leaps to develop a sense of rhythm and coordination. Be prepared for smiles and fun dancing while learning the basics.

BH Monday 5.30-6.15pm Jillian

PPC Friday 5.00-5.45pm Jillian





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
		Tuesday	10.00-10.45am	Mari
		Wednesday	10.00-10.45am	Christine
	2–3 years	Monday	11.00-11.45am	Christine
		Tuesday	11.00-11.45am	Mari
		Wednesday	11.00-11.45am	Christine
PPC	1–2 years	Thursday	9.30-10.15am	Mari
	2–3 years	Thursday	10.30-11.15am	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
		Wednesday	3.30-4.15pm	Mari
	4–5 years	Monday	4.30-5.15pm	Christine
Wednesday		4.15-5.00pm	Mari	
	6+ years	Friday	3:30-4:15pm	Christine
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 6 per class.

BHC	10–12 years	Monday	3.30-4.15pm	Aleksey
		Tuesday	3.30-4.15pm	Aleksey
	13–17 years	Monday	4.30-5.15pm	Aleksey
		Tuesday	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

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 David Jenkin's training in Martial Arts has proven to be a life-long passion. He has received a high level of training in several of the Martial Arts, including Wrestling, Karate, Jiu Jitsu, Self-Defense, and Taiji (T'ai Chi), and has studied with some of the great masters of these disciplines.

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	Monday	3.30-4.15pm (45 min.)	Sensei David
	8–12 years	Monday	4.15-5.15pm (1 hr.)	Sensei David
Fee	45-min. class: \$355 child of Member, \$420 child of non-Member (16 weeks).			
	1-hr. class: \$475 child of Member, \$560 child of non-Member (16 weeks).			





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. Lessons are offered weekdays at 3.15pm, 4.00pm, or 4.45pm. No make-ups. Fees are per student.

Free Drill with Private Lesson Series (a \$235-\$300 value).

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.





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
		Wednesday	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. Limited to 8 per class.

BHC	3–5 years	Tuesday	3.30-4.15pm	Judy
		Wednesday	3.30-4.15pm	Gil
		Thursday	3.30-4.15pm	Caroline
		Friday	3.30-4.15pm	Judy
PPC	3–5 years	Monday	3.30-4.15pm	Erick
		Tuesday	3.30-4.15pm	Maryann
		Wednesday	3.30-4.15pm	Erick
		Wednesday	4.30-5.15pm	Maryann
		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	Gil
		Tuesday	4.15-5.00pm	Judy
		Thursday	4.15-5.00pm	Gil
		Friday	4.15-5.00pm	Judy
PPC	4–8 years	Tuesday	3.30-4.15pm	Erick
		Tuesday	4.30-5.15pm	Maryann
		Wednesday	3.30-4.15pm	Maryann
		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	Gil
PPC	6–9 years	Tuesday	4.30-5.15pm	Erick
		Wednesday	4.30-5.15pm	Erick
		Thursday	3.30-4.15pm	Maryann



Swim continued

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
		Wednesday	5.00-5.45pm	Gil
PPC	7+ years	Monday	4.30-5.15pm	Erick

Advanced

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
		Thursday	5.00-5.45pm	Gil

Competitive

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

PPC	8+ years	Thursday	4.30-5.15pm	Erick
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Private Lessons

Fee \$1,275 child of Member; \$1,340 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.

This is a 15-week program. There is no bonus week for private classes. If a class is missed, with at least 8 hours notice to the club, one make-up is available each session on the 16th week.

BHC	3+ years	Monday	2.30-3.15pm	Staff
		Tuesday	3.30-4.15pm	Staff
		Wednesday	3.30-4.15pm	Staff
		Thursday	2.30-3.15pm	Staff
		Thursday	3.30-4.15pm	Staff
		Friday	3.30-4.15pm	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	3+ years	Monday	3.30-4.15pm	Staff
		Monday	4.30-5.15pm	Staff
		Tuesday	3.30-4.15pm	Staff
		Tuesday	4.30-5.15pm	Staff
		Wednesday	3.30-4.15pm	Staff
		Thursday	3.30-4.15pm	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 and in the Gym at PPC. Limited to 8 per class.

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

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.

		Private	Semi-Private¹	
BHC	7-14 years	Five Weeks	5 Weeks	
Fee	Child of Member	\$240 ²	\$130 ²	TBA
	Child of Non-Member	\$270	\$160	TBA

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.