

FIELD HOUSE AT CHELSEA PIERS SUMMER 2009
CLASS SCHEDULE

	JULY 4-week Session • July 6-30, 2009				AUGUST 4-week Session • August 3-27, 2009				SATURDAYS 8-week Session July 11-Aug. 29
Little Athletes Classes (Ages 12mos.-5yrs.)	MON	TUE	WED	THUR	MON	TUE	WED	THUR	SATURDAY
Tiny Tots (12-23mos.)		4:00-4:50pm	4:00-4:50pm	4:00-4:50pm		4:00-4:50pm	4:00-4:50pm	4:00-4:50pm	9:30-10:20am
Tumblin' Tots (24-40mos.)		4:00-4:50pm	4:00-4:50pm	4:00-4:50pm		4:00-4:50pm	4:00-4:50pm	4:00-4:50pm	10:30-11:20am
Acro-Kats (3yrs)		4:00-4:50pm	4:00-4:50pm	4:00-4:50pm		4:00-4:50pm	4:00-4:50pm	4:00-4:50pm	9:30-10:20am
Gym-Tigers (4yrs)		4:00-4:50pm	4:00-4:50pm	4:00-4:50pm		4:00-4:50pm	4:00-4:50pm	4:00-4:50pm	10:30-11:20am
Future Stars (3-4yrs) Invite Only		4:00-5:30pm				4:00-5:30pm			
Flip & Twirl (4-5yrs)			4:00-5:30pm				4:00-5:30pm		
Soccer: Tikes (2-3yrs)	4:00-5:00pm				4:00-5:00pm				9:00-10:00am
Soccer: Spikes (3-5yrs)		4:00-5:00pm		4:00-5:00pm		4:00-5:00pm		4:00-5:00pm	10:00-11:00am
Soccer: Spikes (3-5yrs)									11:00am-12:00pm
Sports Devel. Classes (Ages 5 yrs. & up)	MON	TUE	WED	THUR	MON	TUE	WED	THUR	SATURDAY
Girl's Gymnastics (5-7yrs)		4:00-5:30pm	4:00-5:30pm	4:00-5:30pm		4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	9:30-10:30am
Girl's Gymnastics (5-6yrs)									10:30-11:30am
Girl's Gymnastics (7+ yrs)		4:00-5:30pm	4:00-5:30pm	4:00-5:30pm		4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	11:30am-1:00pm
Boy's Gymnastics (5+ yrs)		4:00-5:30pm	4:00-5:30pm			4:00-5:30pm	4:00-5:30pm		11:30am-1:00pm
Hot Shots (5-6yrs) Invite Only			4:00-5:30pm				4:00-5:30pm		
Intro to Ballet (6-8yrs)			5:30-6:30pm				5:30-6:30pm		
Gymjitsu (5-8yrs)				4:00-5:30pm				4:00-5:30pm	
Fun Fit (6+ yrs)		4:00-5:30pm				4:00-5:30pm			11:30am-1:00pm
Rock Climbing (5-8 yrs)		4:00-5:00pm	4:00-5:00pm			4:00-5:00pm	4:00-5:00pm		
Soccer: Playing Stars (5-6yrs)			4:00-5:30pm				4:00-5:30pm		
Soccer: Playing Stars (7-8yrs)			4:00-5:30pm				4:00-5:30pm		
Basketball/Multi-Sport 8-week Session July 11-Aug. 29	TUE	THUR	SAT						
Basketball (Grades K-3)	4:00-5:30pm			COST 50-min./60-min. Classes 90-min. Classes <hr/> 4-week Session \$140 \$185 8-week Saturday Session \$265 \$355 8-week Basketball/Multi-Sport N/A \$265					
Basketball (Grades K-1)			9:00-10:30am						
Basketball (Grades 2-4)			10:30am-12pm						
Basketball (Grades 5-8)			12:00-1:30pm						
Multi-Sport (5-8yrs)		4:00-5:30pm							

NOTE: Students registering for more than one class or session receive a 10% discount on each additional class.

TO REGISTER:
Call 212.336.6520
or visit
the Field House
Registration Desk

SUMMER CLASSES

2009

SOCCER • GYMNASTICS
 BASKETBALL • FUN FIT
 ROCK CLIMBING
 DANCE • MULTI-SPORT



THE FIELD HOUSE
 Chelsea Piers - Pier 62
 23rd Street & Hudson River Park
 New York, NY 10011
 212.336.6500 ext. 0
www.chelseapiers.com/fh

SUMMER SESSIONS

To provide maximum flexibility this summer, we have created two 4-week sessions (July & August) and one 8-week Saturday session. **We strongly suggest that students enroll in at least 2 sessions (either 2 classes per week in July or August or 1 class per week for both July & August Sessions.)**

July Session 4 weeks	Monday	July 6, 13, 20, 27
	Tuesday	July 7, 14, 21, 28
	Wednesday	July 8, 15, 22, 29
	Thursday	July 9, 16, 23, 30
August Session 4 weeks	Monday	Aug. 3, 10, 17, 24
	Tuesday	Aug. 4, 11, 18, 25
	Wednesday	Aug. 5, 12, 19, 26
	Thursday	Aug. 6, 13, 20, 27
Saturday Session 8 weeks	Saturday	July 11, 18, 25
		Aug 1, 8, 15, 22, 29

COST	50-min./60-min. Classes	90-min. Classes
4-week Session	\$140	\$185
8-week Saturday Session	\$265	\$355
8-week Basketball/Multi-Sports	N/A	\$265

NOTE: Students registering for more than one class or session, receive a 10% discount on each additional class.

CANCELLATION/REFUND POLICY

There is a \$45 non-refundable registration fee/deposit included in the cost of all summer youth classes at the Field House. NO refunds or letters of credits will be offered during the summer sessions. If you are unsure about enrollment, you may sign up for a Trial Class. Trial Classes are based on class availability and are offered at a cost of \$45/class. Only one trial class is allowed per child.

CLASS MAKE-UP POLICY

During the summer sessions, there will be no make-up classes offered for missed sessions.

HOW TO REGISTER

To register, please call 212.336.6520 or visit the Field House registration office.

**For more information, please visit
www.chelseapiers.com/fh.**

LITTLE ATHLETES CLASSES

Tiny Tots (12-23 months)

Age-appropriate activities and a flexible class environment provide the caregiver and the child with an imaginative and fun-filled outlet to discover and enjoy physical exploration. Toddlers must be walking to join this class. Caregiver participation required.

Tumblin' Tots (24-40 months)

This class provides an active environment with a consistent class routine where children begin to accomplish their own goals within the structure of the class. Tumblin' Tots classes build a strong foundation for your child to develop a sense of athletic achievement, self-esteem and social skills that will last a lifetime. Caregiver participation required.

Acro-Kats (3 years)

Children learn how to deal with the physical, mental and social aspects of childhood in a playful, creative and stimulating environment. Learning coordination and balance are key components of this class. Parents may watch from the main mezzanine, though this class emphasizes parent-child separation.

Gym-Tigers (4 years)

Preschoolers begin to participate in activities that are geared towards building strength, flexibility and individual apparatus skills in gymnastics.

Flip-N-Twirl (4-5 years)

Flip-N-Twirl provides children with a fun-filled experience in creative movement and introductory ballet and then flips them on their head as they enter the upside down world of gymnastics! Forty-five minutes will take place in our bright, large studios; 45 minutes will take place in our gymnastics training center.

Future Stars (3-4 years) Invite Only

Designed for children with previous gymnastics experience who have demonstrated talent and desire to continue at a more challenging level. Children are selected and evaluated for placement by Chelsea Piers' senior coaching staff.

Soccer - TIKES (2-3 years)

This class is designed for our smallest of soccer stars and aims to introduce toddlers to the game of soccer and the joy of movement in a supportive and nurturing environment. Children are also given the tools and experience to separate from their parents and enter our Spikes program. Caregiver participation required.

Soccer - SPIKES (3-5 years)

Spikes is a fast-paced, energetic program that gives preschoolers the opportunity to run and play while they improve muscle coordination and learn the concepts of teamwork and cooperation. Spikes feature a variety of fun lessons and exercises designed to familiarize the young player with the game of soccer.

SPORTS DEVELOPMENTAL CLASSES

Girl's & Boy's Gymnastics (5 years & up)

Our progressive gymnastics classes are geared towards skill development and gymnastics fitness for girls and boys. Children are organized in groups according to gender, age and ability. Our world-class staff will guide your child's progress as they participate on all of the Olympic gymnastics events. Classes are designed for beginners through advanced levels. A low student/teacher ratio ensures personal attention and maximizes safety.

Gymjitsu (5-9 years)

Gymjitsu incorporates the strength and coordination of gymnastics with the speed and concentration of martial arts. Class includes basic tumbling, trampoline and introductory defensive/offensive maneuvers of the martial arts.

Fun Fit (5-13 years)

This class is designed to put the FUN in FITNESS! Fun Fit incorporates the revolutionary, European-designed Panatta Kid System. This kid-friendly muscle toning and cardio equipment encourages and motivates children while introducing them to innovative and fun new ways to exercise. This class is ideal for developing active children by combining strength, cardio, flexibility and rock climbing activities that offer a firm foundation for future physical fitness.

Introduction to Ballet (6-8 years)

This is an introductory class that teaches the fundamentals of ballet. Strong emphasis is placed on learning steps from the beginning and developing a solid foundation for future dance classes. Students enjoy a wide array of dance activities including games, rhythm songs, props and group activities.

Rock Climbing (5-8 years)

An introduction to the basics of rock climbing, including equipment usage, safety on the wall, bouldering and climbing. This beginner class focuses on fun while playing games on the wall and the spider rope.

Basketball (Grades K-6)

This class is designed to teach the fundamentals of the game, including dribbling, shooting, passing and defense. Instructors emphasize the concept of "teamwork" and "sportsmanship" in all lessons.

Soccer - PLAYING STARS (5-8 years)

Playing Stars is a youth soccer program emphasizing individual skill development as well as the fundamentals of sportsmanship and team tactics. Students learn the proper technique for passing, dribbling, shooting, heading and goalkeeping. Full and half-field training games are played throughout the summer to provide players with match experience.

Multi-Sport (5-8 years)

In this class, students receive a well-rounded introduction to the wonderful world of team sports. Sports include basketball, soccer, football and more.

My Buddy & Me Camp June 15 – August 27

For children 17 – 36 months and a caregiver.
Camp runs Monday – Thursday, from 12:45pm – 2:15pm and children participate in gymnastics, rock climbing, arts & crafts and more!

Purchase a pack of classes and choose the days that work for you, with a convenient drop-in schedule throughout the summer.

5 classes	\$195	Class-packs can be purchased at the Field House front desk.
10 classes	\$360	
15 classes	\$495	
20 classes	\$595	

DROP-IN SUMMER FUN

Rock-n-Rolls

Children ages 5-16 years enjoy gymnastics and rock climbing during this 90-minute drop-in class. Available Monday – Friday at 4:00pm. Please call the front desk at 212.336.6500, ext. 0 to reserve your child's spot the day of the class. Class cost is \$30.

Open Soccer and Basketball

Enjoy an hour of Open Soccer or Basketball for just \$10! Open Session times may vary, so please call the front desk to confirm availability.

Batting Cages

Open Monday – Friday after 4:45pm and on Weekends 9:00am – 9:00pm.

- Batting Cage Tokens = \$2.50 per token (10 Pitches)
- Probatter Tokens = \$5 per token (16 Pitches)

Toddler Adventure Center

Children ages 6 months – 4 years participate with a parent or caretaker in an "open play" environment. State-of-the-art equipment provides your toddler with the perfect climate-controlled environment for exploration, learning, adventure and fun.

Mon. - Thur.	Friday	Saturday	Sunday
9:30am-12pm	9am-11:30am	9am-12pm	9am-11am
1pm-5pm	1pm-5pm	2pm-5pm	2pm-5pm

Call for hours as session times may vary.

COSTS	1 session	5 sessions	Unlimited Monthly
	\$11	\$48	\$148