ESTABLISHING A LIFESTYLE OF MOVEMENT

The school district neither encourages nor discourages a student's participation in the activity described herein.
ATHLETES IN TRAINING
Ages 13 - 16

Join other athletes to work on speed, agility, strength, endurance, and power. If you are ready to reach the next level, then this is your chance.

September 3 - October 22
Tuesdays | 5:00 - 6:00 PM | 8 Weeks | Jen
Studio 3 | No Class: October 1
M $105 | NM $157.50 | Drop-In M $16/NM $20

Free Demo: August 27 | 5:00 PM
Studio 3

November 5 - December 17
Tuesdays | 5:00 - 6:00 PM | 7 Weeks | Jen
Studio 3 | M $105 | NM $157.50 | Drop-In $25
Free Demo: October 29 | 5:00 PM
Studio 3

KIDZ MOVEMENT TRAINING
Grades 4 - 8

Participants will experience working in a team setting, while learning a variety of partner exercises to build accountability and strong foundation of strength. Training focuses on improving athleticism, developing kinesthetic awareness, injury prevention, correcting and enhancing motor patterns. Classes are taught by: certified athletic trainer and strength & conditioning specialist, Mike Fleming.

November 3 - November 24
Sundays | 1:00 - 1:45 PM | 4 Weeks | Studio 3
M $56 | NM $72 | Drop-In M $16/NM $20

SPEED & AGILITY TRAINING FOR THE FEMALE ATHLETE
Grades 9 - 12

Trainings are designed for the female athlete to enhance athlete’s level of performance through the combination of speed and agility and strength training in a safe and effective way, while improving their athletic movement patterns. Classes are taught by: certified athletic trainer and strength & conditioning specialist, Mike Fleming.

November 3 - November 24
Sundays | 2:00 - 3:00 PM | 4 Weeks | Studio 3
M $64 | NM $83 | Drop-In M $18/NM $22

TODDLER PLAY
Ages 1 - 3

Children and caregivers enjoy time together through physical movement, circle time, and social interaction. Miss Kara facilitates age appropriate movement activities.

Session I: September 18 - October 30
Wednesdays | 10:30 - 11:15 AM | 6 Weeks | Gym
No Class: October 9
M $54 | NM $70 | Drop-In M $11/NM $13

Session II: November 6 - December 11
Wednesdays | 10:30 - 11:15 AM | 6 Weeks | Gym
M $54 | NM $70 | Drop-In M $11/NM $13
PRESCHOOL PLAY
Ages 3 - 5

Laugh, learn, discover, and play in a safe environment, while mingling with other parents and caregivers. Tumble equipment, pop-up tents, play ground balls, cars, musical instruments, and much more will be provided for a fun-filled experience.

November 4 - December 9
Mondays | 10:30 - 11:15 AM | 6 Weeks | Gym
M $54 | NM $70 | Drop-In M $11/NM $13

FAMILY GYM

Bring the entire family for open play time and tumbling.

November 6 - December 18
Wednesdays | 5:15 - 6:00 PM | Gym
M FREE | NM $5/child

TINY TENNIS
Ages 4 - 5

Miss Holly will pick players up from class. Class develops the fundamentals of tennis such as agility, movement, hand and eye coordination, balance and stroke development. Participants learn a variety of tennis skills that include individual and partner play while playing fun games and activities. Ceremony will be held the last day of class.

Session I: September 19 - October 24
Thursdays | 12:15 - 12:45 PM | 6 Weeks | Gym
M $60 | NM $78

Session II: November 7 - December 19
Thursdays | 12:15 - 12:45 PM | 6 Weeks | Gym
No Class: November 28
M $60 | NM $78

FUTURE STARS
GOLF
Ages 5 - 9

Future Stars Golf is a youth development program for children. Classes will introduce golf skills through the use of SNAG Golf equipment and focus on fundamental movement skills. SNAG (Starting New At Golf) Golf equipment teaches the basic elements of golf in a fun and modified form. The fundamentals are combined in an enjoyable, understandable and active class. The system builds on strong fundamentals of putting, chipping, pitching and full swing to develop playing ability quickly and effectively. Class is taught by PGA Professional, Matt Keller.

September 19 - October 24
Thursdays | 4:30 - 5:15 PM | 6 Weeks | Gym
M $84 | NM $109 | Drop-In M $16/NM $20

YOUTH TENNIS
Ages 5 - 9

Class is taught by Miss Holly. Participants are taught individual skills and partner play while learning the proper way to hit forehands and backhands, and how to move on the court. Class will be taught with fun equipment and props to assist the development of balance, agility, and coordination. Emphasis is placed on long-term developmental growth. Class will be divided into age groups to enhance player experiences. Ceremony will be held the last day of class.

November 7 - December 19
Thursdays | 4:30 - 5:15 PM | 6 Weeks | Gym
No Class: November 28
M $84 | NM $109 | Drop-In M $16/NM $20

The school district neither encourages nor discourages a student’s participation in the activity described herein.
SPORTS ACADEMY
Ages 3 - 5

Miss Holly will pick athletes up from class. Ninjas will participate in warm up and training exercises, followed by a ninja warrior course to prepare themselves for their ninja mission. Ceremony will be held the last day of class.

September 17 - October 29
Tuesdays | 12:15 - 12:45 PM | 6 Weeks | Gym
No Class: October 1 | M $54 | NM $70

WHERE IN THE WORLD IS MR. ANTONIO?
Ages 4 - 7

Mr. Antonio brings a fun energized class that focuses on the activities that are building blocks to a child’s development. Classes will focus on various countries from around the world, while exploring fun ways to move our bodies. Class activities include imagination play such as pretending to hike up a mountain, walking on the hot dessert sand, and seeing animals during a safari trip.

Session I: September 17 - October 29
Tuesdays | 4:15 - 5:00 PM | 6 Weeks | Gym
No Class: October 1 | M $72 | NM $93

Session II: November 5 - December 10
Tuesdays | 4:15 - 5:00 PM | 6 Weeks | Gym
M $72 | NM $93

YOGA
Ages 4 - 11

Classes are taught by Susie Kulp, a certified children’s Yoga instructor through the Radiant Child Yoga Program. Your child will have fun learning different ways to move their body with music they can relate to, imitating nature, moving like animals, storytelling, games, focusing on breathing techniques and guided relaxation.

Ages 4 - 6 | October 6 - November 10
Sundays | 4:15 - 4:45 PM | 6 Weeks
Adult Lounge | M $60 | NM $78

Ages 7 - 11 | October 6 - November 10
Sundays | 5:00 - 5:45 PM | 6 Weeks
Adult Lounge | M $72 | NM $93

NINJA WARRIOR TRAINING
Ages 3 - 5

Miss Holly will pick ninjas up from class. Ninjas will participate in warm up and training exercises, followed by a ninja warrior course to prepare themselves for their ninja mission. Ceremony will be held the last day of class.

September 17 - October 29
Tuesdays | 12:15 - 12:45 PM | 6 Weeks | Gym
No Class: October 1 | M $54 | NM $70

WHERE IN THE WORLD IS MR. ANTONIO?
Ages 4 - 7

Mr. Antonio brings a fun energized class that focuses on the activities that are building blocks to a child’s development. Classes will focus on various countries from around the world, while exploring fun ways to move our bodies. Class activities include imagination play such as pretending to hike up a mountain, walking on the hot dessert sand, and seeing animals during a safari trip.

Session I: September 17 - October 29
Tuesdays | 4:15 - 5:00 PM | 6 Weeks | Gym
No Class: October 1 | M $72 | NM $93

Session II: November 5 - December 10
Tuesdays | 4:15 - 5:00 PM | 6 Weeks | Gym
M $72 | NM $93

YOGA
Ages 4 - 11

Classes are taught by Susie Kulp, a certified children’s Yoga instructor through the Radiant Child Yoga Program. Your child will have fun learning different ways to move their body with music they can relate to, imitating nature, moving like animals, storytelling, games, focusing on breathing techniques and guided relaxation.

Ages 4 - 6 | October 6 - November 10
Sundays | 4:15 - 4:45 PM | 6 Weeks
Adult Lounge | M $60 | NM $78

Ages 7 - 11 | October 6 - November 10
Sundays | 5:00 - 5:45 PM | 6 Weeks
Adult Lounge | M $72 | NM $93

SPORTS ACADEMY
Ages 3 - 5

Miss Holly will pick athletes up from class. Learn the fundamentals in basketball, tennis, t-ball, track, tumble, and soccer. Continue to build physical literacy through practicing, dribbling, kicking, running, catching, throwing, and kicking. Ceremony will be held the last day of class.

November 5 - December 10
Tuesdays | 12:15 - 12:45 PM | 6 Weeks | Gym
M $54 | NM $70

WHERE IN THE WORLD IS MR. ANTONIO?
Ages 4 - 7

Mr. Antonio brings a fun energized class that focuses on the activities that are building blocks to a child’s development. Classes will focus on various countries from around the world, while exploring fun ways to move our bodies. Class activities include imagination play such as pretending to hike up a mountain, walking on the hot dessert sand, and seeing animals during a safari trip.

Session I: September 17 - October 29
Tuesdays | 4:15 - 5:00 PM | 6 Weeks | Gym
No Class: October 1 | M $72 | NM $93

Session II: November 5 - December 10
Tuesdays | 4:15 - 5:00 PM | 6 Weeks | Gym
M $72 | NM $93

YOGA
Ages 4 - 11

Classes are taught by Susie Kulp, a certified children’s Yoga instructor through the Radiant Child Yoga Program. Your child will have fun learning different ways to move their body with music they can relate to, imitating nature, moving like animals, storytelling, games, focusing on breathing techniques and guided relaxation.

Ages 4 - 6 | October 6 - November 10
Sundays | 4:15 - 4:45 PM | 6 Weeks
Adult Lounge | M $60 | NM $78

Ages 7 - 11 | October 6 - November 10
Sundays | 5:00 - 5:45 PM | 6 Weeks
Adult Lounge | M $72 | NM $93

SPORTS ACADEMY
Ages 3 - 5

Miss Holly will pick athletes up from class. Learn the fundamentals in basketball, tennis, t-ball, track, tumble, and soccer. Continue to build physical literacy through practicing, dribbling, kicking, running, catching, throwing, and kicking. Ceremony will be held the last day of class.

November 5 - December 10
Tuesdays | 12:15 - 12:45 PM | 6 Weeks | Gym
M $54 | NM $70
SOFT STICK LACROSSE
Ages 4 - 7

Learn the basic fundamentals of lacrosse using soft sticks to enhance learning. Class is taught by York Suburban’s Head Varsity Lacrosse coach, Laura Meerbach. Learn basic skills, game fundamentals, and safety with the use of youth balls that are soft.

September 11 - October 23
Wednesdays | 4:30 - 5:15 PM | 6 Weeks | Gym
No Class: October 9
M $66 | NM $86 | Drop-In M $13/NM $17

SAFE KIDS TAE KWON DO
Ages 6+

Learn about safety awareness and self-defense while building confidence and self-esteem from instructor Stephen Kirby, 7th Degree black belt. Registration closes after the 3rd week of class. The JCC does not handle the registration for this class. To register call 717-252-2824.

October 7 - December 16
Mondays | 6:20 - 7:20 PM | 12 Weeks | Gym
M/NM $75

MARK LUDWIG’S SOCCER ACADEMY
Ages 3 - 8

Class will emphasize fundamentals, decision making and skill development in an enjoyable environment. Participants will enjoy individual and group play that will focus on development, technical, and tactical skills. Class is taught by highly qualified soccer coaches.

November 4 - December 9 | Mondays | 6 Weeks
Gym | M $60 | NM $78
Ages 3 - 5 | 3:30 - 4:00 PM
Ages 5 - 8 | 4:00 - 4:30 PM
### SAM SUTTON BASKETBALL ACADEMY

**Grades K - 12**

Class is taught by former York High standout, 4-year starter, and 1,000+ point scorer at Towson University, basketball coach and professional trainer.

### BALL HANDLING | GRADES 4 - 9

<table>
<thead>
<tr>
<th>September 16 - October 28</th>
<th>Mondays</th>
<th>6:00 - 7:00 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $102</th>
<th>NM $132</th>
<th>Drop-In M $19/NM $22</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Class: September 30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>November 4 - December 9</td>
<td>Mondays</td>
<td>6:00 - 7:00 PM</td>
<td>6 Weeks</td>
<td>Gym</td>
<td>M $102</td>
<td>NM $132</td>
<td>Drop-In M $19/NM $22</td>
</tr>
</tbody>
</table>

### SHOOTING SKILLS | GRADES 4 - 9

<table>
<thead>
<tr>
<th>September 16 - October 28</th>
<th>Mondays</th>
<th>7:00 - 8:00 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $102</th>
<th>NM $132</th>
<th>Drop-In M $19/NM $22</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Class: September 30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>November 4 - December 9</td>
<td>Mondays</td>
<td>7:00 - 8:00 PM</td>
<td>6 Weeks</td>
<td>Gym</td>
<td>M $102</td>
<td>NM $132</td>
<td>Drop-In M $19/NM $22</td>
</tr>
</tbody>
</table>

### COMPETE 5 v 5 | GRADES 9 - 12

<table>
<thead>
<tr>
<th>September 22 - October 27</th>
<th>Sundays</th>
<th>5:00 - 6:30 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $125</th>
<th>NM $162</th>
<th>Drop-In M $22/NM $25</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 3 - December 8</td>
<td>Sundays</td>
<td>5:00 - 6:30 PM</td>
<td>6 Weeks</td>
<td>Gym</td>
<td>M $125</td>
<td>NM $162</td>
<td>Drop-In M $22/NM $25</td>
</tr>
</tbody>
</table>

### SKILLS & DRILLS | GRADES 8 - 12

<table>
<thead>
<tr>
<th>September 17 - October 29</th>
<th>Tuesdays</th>
<th>7:00 - 8:00 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $102</th>
<th>NM $132</th>
<th>Drop-In M $19/NM $22</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Class: October 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>September 22 - October 27</th>
<th>Sundays</th>
<th>4:00 - 5:00 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $102</th>
<th>NM $132</th>
<th>Drop-In M $19/NM $22</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Class: September 30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>October 3 - December 8</th>
<th>Sundays</th>
<th>4:00 - 5:00 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $102</th>
<th>NM $132</th>
<th>Drop-In M $19/NM $22</th>
</tr>
</thead>
</table>

### BASKETBALL 101 | GRADES K - 2

<table>
<thead>
<tr>
<th>September 16 - October 28</th>
<th>Mondays</th>
<th>5:15 - 6:00 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $78</th>
<th>NM $101</th>
<th>Drop-In M $15/NM $19</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Class: September 30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| November 4 - December 9   | Mondays | 5:15 - 6:00 PM | 6 Weeks | Gym | M $78  | NM $101 | Drop-In M $15/NM $19 |

### BASKETBALL 102 | GRADES 1-3

Prerequisite: Basketball 101

<table>
<thead>
<tr>
<th>September 17 - October 29</th>
<th>Tuesdays</th>
<th>5:15 - 6:00 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $78</th>
<th>NM $101</th>
<th>Drop-In M $15/NM $19</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Class: October 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>September 22 - October 27</th>
<th>Sundays</th>
<th>3:00 - 4:00 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $102</th>
<th>NM $132</th>
<th>Drop-In M $19/NM $22</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Class: September 30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>October 3 - December 8</th>
<th>Sundays</th>
<th>3:00 - 4:00 PM</th>
<th>6 Weeks</th>
<th>Gym</th>
<th>M $102</th>
<th>NM $132</th>
<th>Drop-In M $19/NM $22</th>
</tr>
</thead>
</table>

| November 5 - December 10  | Tuesdays | 5:15 - 6:00 PM | 6 Weeks | Gym | M $78  | NM $101 | Drop-In M $15/NM $19 |
BASKETBALL 103 | GRADES 2 - 4
Prerequisite: Basketball 102

September 18 - October 30
Wednesdays | 6:15 - 7:00 PM | 6 Weeks | Gym
No Class: October 9
M $78 | NM $101 | Drop-In M $15/NM $19

November 6 - December 18
Wednesdays | 6:15 - 7:00 PM | 6 Weeks | Gym
No Class: November 27
M $78 | NM $101 | Drop-In M $15/NM $19

BASKETBALL 200 | GRADES 4 - 6
Prerequisite: Basketball 103

September 17 - October 29
Tuesdays | 6:00 - 7:00 PM | 6 Weeks | Gym
No Class: October 1
M $102 | NM $132 | Drop-In M $19/NM $22

November 5 - December 10
Tuesdays | 6:00 - 7:00 PM | 6 Weeks | Gym
No Class: October 1
M $102 | NM $132 | Drop-In M $19/NM $22

ELITE TRAINING | GRADES 8 - 12
Prerequisite: Basketball 200

September 18 - October 30
Wednesdays | 7:00 - 8:00 PM | 6 Weeks | Gym
No Class: October 9
M $102 | NM $132 | Drop-In M $19/NM $22

November 6 - December 18
Wednesdays | 7:00 - 8:00 PM | 6 Weeks | Gym
No Class: November 27
M $102 | NM $132 | Drop-In M $19/NM $22

ROOKIE BASKETBALL
Ages 4 - 6

Class is taught by Miss Holly and will focus on enhancing basketball fundamentals and athletic development through fun games to improve passing, dribbling, shooting and court movement. Ceremony will be held the last day of class.

November 6 - December 18
Wednesdays | 4:30 - 5:15 PM | 6 Weeks | Gym
No Class: November 27
M $66 | NM $86 | Drop-IN M $13/NM $17

WINTER BASKETBALL CLINIC
Grades K - 8

This high-energy, interactive clinic provides players with an opportunity to learn and practice their basketball skills. Clinic is designed to enhance shooting, passing, dribbling, while working on their offensive and defense game, team play and sportsmanship.

Grades K - 3 | December 26 | Thursday
9:00 - 12:00 PM | Gym | M $60 | NM $85

Grades 4 - 8 | December 27 | Friday
9:00 - 12:00 PM | Gym | M $60 | NM $85

The school district neither encourages nor discourages a student's participation in the activity described herein.
DANCE

Dance program includes recital costume in the price. Leotard, tights, and shoes must be provided by the participant.

BALLET | AGES 3 - 10

September 16 - January 13 | M $150 | NM $195
Mondays | Cheryl | Gym
Ages 3 - 4 | 3:30 - 4:00 PM
Ages 3 - 5 | 4:00 - 4:30 PM
Ages 6 - 10 | 5:00 - 5:30 PM
No Class: September 30, December 23 & 30

September 18 - January 15 | M $150 | NM $195
Wednesdays | Robin | Gym
Ages 3 - 4 | 12:00 - 12:30 PM
Ages 4 - 5 | 1:00 - 1:30 PM
Ages 4 - 5 | 4:00 - 4:30 PM
Ages 6 - 10 | 5:00 - 5:30 PM
No Class: October 9, December 25, & January 1

TAP | AGES 3 - 10

September 16 - January 13 | M $150 | NM $195
Mondays | Cheryl | Gym
Ages 3 - 5 | 4:30 - 5:00 PM
Ages 6 - 10 | 5:30 - 6:00 PM
No Class: September 30, December 23 & 30

September 18 - January 15 | M $150 | NM $195
Wednesdays | Robin | Gym
Ages 3 - 4 | 12:30 - 1:00 PM
Ages 4 - 5 | 1:30 - 2:00 PM
Ages 4 - 5 | 4:30 - 5:00 PM
Ages 6 - 10 | 5:30 - 6:00 PM
No Class: October 9, December 25, & January 1

DRESS REHEARSAL
January 18 | 9:00 AM

RECITAL
January 19 | TBD

HIP HOP | AGES 3 - 10

September 19 - January 16 | M $150 | NM $195
Thursdays | Erica | Studio 1
Ages 3 - 5 | 4:00 - 4:30 PM
Ages 6 - 10 | 4:30 - 5:00 PM
No Class: November 28, December 26, & January 2

PARENT & CHILD HIP HOP
Ages 4 - 8

November 5 - December 10
Tuesdays | 5:00 - 5:30 PM | 6 Weeks | Erica
Adult Lounge | M $60 | NM $78

JAZZ | AGES 3 - 10

September 17 - January 14 | M $150 | NM $195
Tuesdays | Erica | Studio 1
Ages 3 - 5 | 4:00 - 4:30 PM
Ages 6 - 10 | 4:30 - 5:00 PM
No Class: October 1, December 24, & January 1