

NEW!

3-Week Intensive Swim & Water Polo!

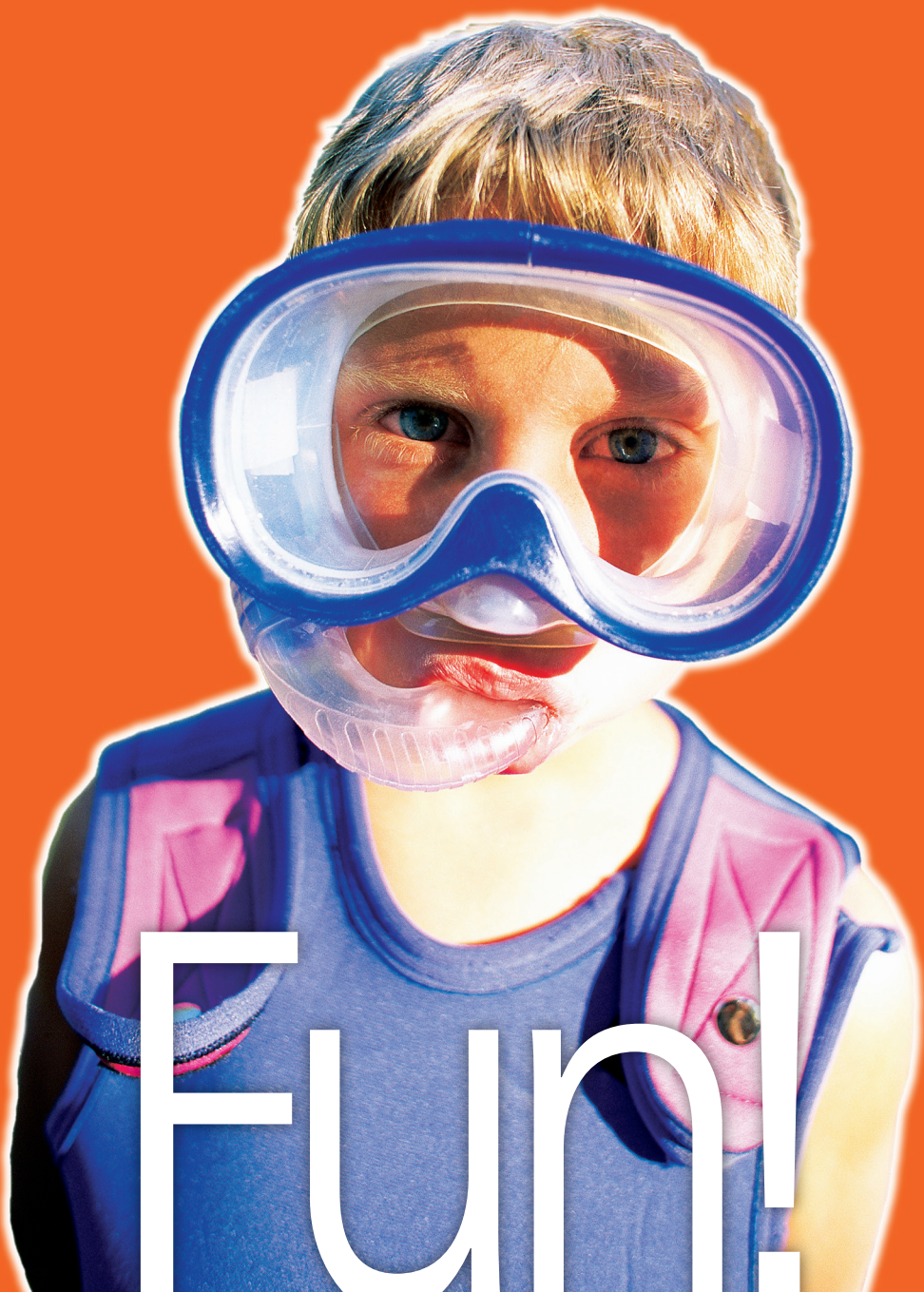


Junior Academy Summer 2016

Ages 6 months–17 years



EASTERN ATHLETIC



Fun!



Water Polo **NEW!**

This exciting, challenging water sport takes swimming to another level. This sport is an incredible workout that develops stamina, fast reflexes, and agility in the water. The program will begin with instruction of the game, its rules and strategy, followed by fun-filled practice sessions. As the players gain experience, matches will be held between two teams. Matches consist of two opposing teams of 7 players each, with 6 substitute swimmers – due to the level of exercise, substitutions are frequent, so everyone gets to play! There are two instructor/referees for each class, one of whom is always in the water. If your child loves the water and team sports, this is the perfect class! Limited to 26.

PPC 10-14 years Thursday 4.30-5.15pm Erick & Roberto





Teen Fitness

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
		Thursday	3.30-4.15pm	John
	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

Kickboxing

Kick boxing for kids, a non-contact sport (no sparring), is a fun, energy-intensive way for children to develop a new discipline and hone new skills all while having a great time making friends and having a good time. We stress the importance of safety first by only working on technique which heavily focuses on improving flexibility, posture, and stamina. Limited to 8 per class.

BHC	6–8 years	Thursday	4.30-5.15pm
	8–10 years	Thursday	5.15-6.00pm

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, laido, 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	Monday	3.30-4.15pm	Sensei Izzy Perez
	8–12 years	Monday	4.30-5.15pm	Sensei Izzy Perez
PPC	4–7 years	Friday	4.30-5.15pm	Sensei Izzy Perez





Tennis

Group Lessons

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	John
	4+ years	Wednesday	4.30-5.15pm	John
	5+ years	Wednesday	5.30-6.15pm	John

Private & Semi-Private Lessons

This 5-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 2.45pm, 3.30pm, or 4.15pm for 5 consecutive weeks. No make-ups. Fees are per student.

BHC	7-14 years	Private 5 Weeks	Semi-Private* 5 Weeks	
Fee	Child of Member	\$340	\$190	John
	Child of Non-Member	\$365	\$215	John

*Students form their own group and register together.



Squash

Clinics—3 Weeks

This program consists of a weekly 45-minute session with a Club Pro teaching proper form, foot-work, 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
	Wednesday	4.15-5.00pm	Auchee
	Session 1	June 6-24	
	Session 2	July 11-29	
	Session 3	August 1-19	

Intermediate–Advanced

BHC 10–12 years	Tuesday	4.15-5.00pm	Auchee
	Wednesday	5.00-5.45pm	Auchee
	Session 1	June 6-24	
	Session 2	July 11-29	
	Session 3	August 1-19	

Fee \$80 child of Member, \$95 child of non-Member.



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
		Wednesday	10.00-10.45am	Morgan
	2–3 years	Monday	11.00-11.45am	Christine
		Wednesday	11.00-11.45am	Morgan
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	Morgan
	4-5 years	Monday	4.30-5.15pm	Christine
		Wednesday	4.30-5.15pm	Morgan
	6+ years	Monday	5.15-6.00pm	Christine
		Wednesday	5.15-6.00pm	Morgan
PPC	3-4 years	Thursday	3.30-4.15pm	Izzy
	5+ years	Thursday	4.30-5.15pm	Izzy
		Thursday	5.15-6.00pm	Izzy





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	\$255
		Tuesday	11.00-11.40/50am	Judy	\$255
		Wednesday	11.00-11.40/50am	Judy	\$255
		Thursday	11.00-11.40/50am	Judy	\$255
PPC	Group 12	Tuesday	11.00-11.45am	Erick	\$255
		Thursday	11.00-11.45am	Erick	\$255

Child of non-Member \$50 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.

BHC	Group 4	Monday	3.45-4.30pm	Staff	\$395
			4.30-5.15pm	Judy	\$475
			4.30-5.15pm	Staff	\$395
		Tuesday	3.00-3.45pm	Staff	\$395
		Thursday	3.45-4.30pm	Staff	\$395
	Group 8	Tuesday	4.30-5.15pm	Judy	\$255
PPC	Group 4	Monday	3.45-4.30pm	Erick	\$475
		Tuesday	3.45-4.30pm	Staff	\$395
		Wednesday	3.45-4.30pm	Erick	\$475
		Thursday	3.45-4.30pm	Staff	\$395

Child of non-Member \$50 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	3.45-4.30pm	Judy	\$475
		Tuesday	3.45-4.30pm	Staff	\$395
			4.30-5.15pm	Staff	\$395
		Wednesday	3.45-4.30pm	Staff	\$395
		Thursday	4.30-5.15pm	Staff	\$395
	Group 10	Wednesday	3.45-4.30pm	Judy	\$255
PPC	Group 4	Monday	3.45-4.30pm	Staff	\$395
		Wednesday	3.45-4.30pm	Staff	\$395
		Thursday	3.45-4.30pm	Erick	\$475
	Group 10	Tuesday	3.45-4.30pm	Erick	\$255

Child of non-Member \$50 additional.

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	5.15-6.00pm	Judy	\$475
			5.15-6.00pm	Staff	\$395
	Wednesday	4.30-5.15pm	Judy	\$475	
		4.30-5.15pm	Staff	\$395	
PPC	Group 4	Tuesday	4.30-5.15pm	Erick	\$475
			4.30-5.15pm	Staff	\$395
	Wednesday	3.45-4.30pm	Staff	\$395	
		4.30-5.15pm	Staff	\$395	
	Group 10	Wednesday	4.30-5.15pm	Erick	\$255

Child of non-Member \$50 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	5.15-6.00pm	Staff	\$395
PPC	Group 4	Monday	4.30-5.15pm	Erick	\$475
			4.30-5.15pm	Staff	\$395

Child of non-Member \$50 additional.

Advanced/Competitive 7+ years

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

BHC	Group 4	Monday	5.15-6.00pm	Judy	\$475
		Wednesday	5.15-6.00pm	Judy	\$475

Child of non-Member \$50 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 10 weeks with no make-ups or bonus week.

BHC	Individual	Monday	3.00-3.45pm	Judy	
			5.15-6.00pm	Staff	
		Tuesday	3.00-3.45pm	Judy	
			3.45-4.30pm	Judy	
		Wednesday	5.15-6.00pm	Staff	
			3.00-3.45pm	Judy	
		Thursday	5.15-6.00pm	Staff	
			5.15-6.00pm	Staff	
		Friday	11.00-11.45am	Staff	
			3.45-4.30pm	Staff	
		Saturday	4.30-5.15pm	Staff	
			5.15-6.00pm	Staff	
			12.00-12.45pm	Staff	
			12.45-1.30pm	Staff	
Sunday	1.30-2.15pm	Staff			
	2.15-3.00pm	Staff			
	1.00-1.45pm	Staff			
	1.45-2.30pm	Staff			
PPC	Individual	Monday	3.00-3.45pm	Staff	
			3.00-3.45pm	Staff	
		Tuesday	3.00-3.45pm	Erick	
			3.45-4.30pm	Staff	
		Wednesday	4.30-5.15pm	Staff	
			3.00-3.45pm	Staff	
		Thursday	3.00-3.45pm	Staff	
			3.00-3.45pm	Staff	
		Friday	3.00-3.45pm	Staff	
			3.45-4.30pm	Staff	
		Sunday	4.30-5.15pm	Staff	
			2.00-2.45pm	Staff	
				3.00-3.45pm	Staff

Fee Staff Instructor \$850 Member; \$900 Non-Member
 Elite Instructor \$950 Member; \$1,000 Non-Member (Erick, Gil, Judy)



3-Week Intensive Private Lessons **NEW!**

The ultimate swim training program. Get ready for camp or vacation! 12 lessons in 3 weeks.

BHC	Individual	Monday, Tuesday, Wednesday, Thursday	9.00-9.45am
		Monday, Wednesday, Thursday, Friday	3.00-3.45pm
		Session 1	June 6-24
		Session 2	July 11-29
		Session 3	August 1-19
Fee	Staff Instructor	\$1,025 Member; \$1,100 Non-Member	
	Elite Instructor	\$1,150 Member; \$1,225 Non-Member (Judy)	

Program

Registration

In person or phone

Register now, space is limited – classes begin June 5th!

Schedule

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

Private Lessons end one week earlier on Monday–Thursday

Sundays	June 5 - August 21	(no class 6/26, 7/3)
Mondays–BHC	June 6 - August 29	(no class 6/27, 7/4)
Mondays–PPC	June 6 - August 22	(no class 7/4)
Tuesdays	June 7 - August 23	(no class 6/28)
Wednesdays	June 8 - August 24	(no class 6/29)
Thursdays	June 9 - August 25	(no class 6/30)
Fridays	June 10 - August 19	(no class 7/1)
Saturdays	June 11 - August 20	(no class 7/2)



Fees

Class fees, except as noted:

Child of Member \$255

Child of non-Member \$305

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 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 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



EASTERN ATHLETIC

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Junior Academy—Summer 2016

NEW!

**3-Week Intensive Swim
& Water Polo!**

+Small Group 4 Swim Classes

REGISTER NOW—CLASSES FILL
11-Week Program Starts **June 5**