

START KIDS

Introduction to SPORTS!

FALL 2008

PRE-SPORTS "Parent & Me": (2-3 years old) This truly unique program allows parents to work with their children in a fun, innovative play environment that combines age-appropriate music and sports equipment. Children are introduced to popular sports in a modified setting designed to develop motor skills such as running, throwing, and catching.

Members: \$99, Non-Members: \$129

Wednesday 9/24 - 12/17 (no class 11/26) 11:10am - 11:55am

Thursday 9/25 - 12/18 (no class 11/27) 10:00am - 10:45am

Friday 9/26 - 12/19 (no class 11/28) 9:00am - 9:45am

2 PRE K: (3 years old) This drop-off program combines free exploration with structured physical education. Children learn and practice fundamental sports skills in a variety of creative drills and games. All classes provide students with innovative sports equipment, fun music, excitement, and a warm, nurturing learning environment.

Member: \$109, Non-Members: \$139

Tuesdays 9/23 - 12/16 (no class 11/25) 11:00am - 11:50am

Wednesdays 9/25 - 12/17 (no class 11/26) 10:15am - 11:05am

1 PRE K: (4-5 years old) Our multi-sport curriculum includes a variety of popular sports taught by our expert coaches. Classes include sport-specific warm-ups, skill introduction and practice, and realistic game play. Students are challenged according to their individual abilities in a curriculum that includes football, tennis, basketball and baseball.

Members: \$109, Non-Members: \$139

Tuesdays 9/23 - 12/16 (no class 11/25) 9:00am - 9:50am

Wednesdays 9/25 - 12/17 (no class 11/26) 9:00am - 9:50am

Thursday 9/23 - 12/18 (no class 11/27) 2:00pm - 2:50pm



TENNIS • FITNESS • MULTISPORT

190 Old Sylvan Lake Road, Hopewell Jct., NY 12533

(845) 226-8733

www.sportandwellness.net

K/1st: (5-6 years old)

Mondays 9/22 - 12/15 (no class 11/24) 4:30pm - 5:20pm

Our 12-week curriculum contains of four to five different such as: hockey, tennis, baseball, lacrosse, basketball, soccer, football, & volleyball.

for more information contact Coach Tim at ext. 102 or tdouglass@sportandwellness.net





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Start Kids Programs

- This registration form is intended for the Winter 2008 Start Kids Programs.
 - One registration form per person please.
- Not Sure? Try out the first class FREE! Please fill out a registration form and let us know in advance, so we can staff accordingly.
(Free trials will not guarantee a spot in the class.)

Contact Tim (ext.102) or Marianne (ext.110) for more information

Participants Name: _____

Parents/Guardian Name: _____

D.O.B.: _____ Age: _____ E-mail: _____

Class Name: _____ Day of the Week: _____ Time: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone #: _____ Other Phone #: _____

In case of emergency, call: _____ Phone #: _____

How did you hear about this program at Sport & Wellness? _____

Are you a member of Sport & Wellness? _____

Cancellation/Credit Policy

It is the policy of Sport & Wellness that in the event a program is cancelled or you are unable to participate, a credit on account will be issued to your house account.

Waiver and Medical Release -MUST BE SIGNED UPON REGISTRATION

The above named participant has my permission to participate in Sport & Wellness programs. Sport & Wellness has my permission, in case of emergency, to give or call for medical care. I also release, on behalf of myself and my heirs, Sport & Wellness, LLC., their officers, agents, employees and those associated sponsors, harmless from all liability which may result from my use of the facilities. I also understand that the participants may be photographed during a program at Sport & Wellness and that the photo may be used for promotional materials. I also agree to abide to Sport & Wellness few policy.

I hereby give permission to the health personnel selected by the program to order x-rays, routine tests, treatments, and necessary transportation for my child or me. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected to secure and administer treatment, including hospitalization, for the person named above.

Parent/Guardian Signature

Date