

HEALTH, PHYSICAL EDUCATION & RECREATION

HPER STAFF



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Director of Gymnastics, Dance and EC DP Physical Education

TENNIS

Using an early learning system, students learn and practice the skills needed to play tennis at a level that will keep them challenged and enthusiastic.

Pee-Wee Tennis

Age: Pre-K
Day: Monday
Time: 3:00 – 3:45 PM
Dates: 9/14 – 11/30 (not 9/28, 10/12)
Instructor: Gold's Gym Pro
Fee: M \$120 / NM \$124

Tennis can become a life-long participatory sport. Start at an early age and learn the basics!

Tennis

Age: Grades K – 6
Day: Monday
Time: 4:00 – 5:00 PM
Dates: 9/14 – 11/30 (not 9/28, 10/12)
Instructor: Gold's Gym Pro
Fee: M \$120 / NM \$140

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Our Mission

To teach physical education, teamwork, sportsmanship and cooperation to kids from Pre-K to Pre-Teen.

KARATE

Little Dragon Karate

Age: 3 years old – Pre K (must turn three by 12/1/09)
Day: Friday
Time: 1:00 – 1:30 PM
Dates: 9/18 – 12/4 (not 11/27)
Fee: M \$102 / NM \$128

CNY Karate School at the JCC! This pre-school karate class provides a fun and appropriate way to introduce your youngest to this popular and healthy sport. Additional fees may be incurred (for uniform and sparring equipment).



Kids' Karate

Age: K – 6
Day: Friday
Time: 4:15 – 5:00 PM
Dates: 9/18 – 12/4 (not 11/27)
Fee: M \$114 / NM \$140

Students in this course will progress through the beginning ranks of CNY Karate Gojoryu style. Karate enhances motor skill progression and self discipline. Additional fees may be incurred (uniform and sparring equipment.)

SPORTS

Rookie Sports I

Age: 3 years old (must be turning three by 12/01/09)
Day: Thursday
Time: 1:00 – 1:30 PM
Dates: 10/1 – 12/3 (not 10/12)
Instructor: Gold's Gym Pro
Fee: M \$90 / NM \$120

Throwing, catching, kicking, and running made fun through pre-sports skills training. Miniature equipment is used with an emphasis on fun and good sportsmanship.

Rookie Sports II

Age: Pre-K
Day: Monday
Time: 1:00 – 1:45 PM
Dates: 9/14 – 11/30 (not 11/26)
Limit: 12
Fee: M \$110 / NM \$135

Throwing, catching, kicking, and running made fun through pre-sports skills training. Miniature equipment is used with an emphasis on fun and good sportsmanship.



Limited space is available in these classes. Sign up early to reserve your child's spot.

