



2010 Spring Classes

Get Off the Bench and Into the Game!™
972-965-0458

Start Times	WEEKLY CLASSES					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM		Toddler Gym (waitlist)		Fitness Boot Camp (March 2010)		Jumpin' Joeys (waitlist)
9:00 AM			Jumpin' Joeys (waitlist)			Intro Rock Climb
10:00 AM			Stingray Starters (waitlist)			Cougars Training Camp
11:00 AM	Cougars Training Camp (11:15)					Stingray Starters
12:00 PM						Open Gym/Open Rock Climb
1:00 PM				Homeschool Groups	Homeschool Groups	
2:00 PM						Bday Parties
3:00 PM						Bday Parties
4:00 PM		Panther Pack Team Practice	Teenie Tigers Tennis Intro			Bday Parties
5:00 PM	Topspin Tigers Tennis Intro	Panther Pack Team Practice	Seahawk Servers Tennis Intermediate	Jumpin' Joeys	Titan Sports	Bday Parties
6:00PM	Stingray Starters	Panther Pack Team Practice	Topspin Tigers Tennis Intro FULL	Cougars Training Camp	Intro Rock Climbing	Bday Parties
7-8:00 PM	Open Gym/Open Rock Climb	Open Gym/Open Rock Climb	Open Gym/Open Rock Climb	Open Gym/Open Rock Climb	Open Gym/Open Rock Climb	

SPORTS CLASSES

Class #	Class Description
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| 100 | Jumpin' Joeys Ages 18 mos to 3 Years
Parent child class with work on coordination, agility, balance, basic throwing, catching, and kicking. |
| 105 | Cougar Training Camp Ages 3 - 4 Years
Classes designed for children with little to no exposure to sports play. Beginner skills taught with focus on balance, coordination, and agility. Also, emphasis on sportsmanship, patience, and cooperation with teammates. |
| 110 | Stingray Starters Ages 5-6 Years
Intermediate and/or advance skills taught for each sport. Development of team interaction and an understanding of the rules of each game is included in each lesson plan. |
| 115 | Titan Sports Ages 6-8 Years
Multi Sports program designed for children with little to no organized sports play that want to explore different sports in a non-competitive, friendly atmosphere. Exciting drills and games with additional focus on physical conditioning and fitness. |
| 210 | Teenie Topspin Tigers Intro Tennis Ages 3-4 Years |

An introductory tennis class taught in a fun and positive environment! Taught by an experienced USPTA certified coach utilizing the USTA Quickstart program for children. No equipment needed!

200 Topspin Tigers Intro Tennis Ages 5-8 Years

An introductory tennis class taught in a fun and positive environment! Taught by an experienced USPTA certified coach utilizing the USTA Quickstart program for children. No equipment needed!

205 Seahawk Servers Intermediate Tennis Ages 6-9 Years

An intermediate tennis class taught by an experienced USPTA certified coach. Improve on the progressions of the strokes (Forehand, Backhand, Serve, volley, overhead) and footwork on the court. Learn how to use strategy in your game and the in's and out's of tournament play. Build your confidence in your game!

300 Panther Pack Basketball Ages 5-8 Years

Basketball program for organized and competitive teams. Ball handling skills, court management, and developing confidence in the game.

305 Panther Soccer Ages 5-8 Years

Soccer program for organized and competitive teams. Ball handling skills, field management, and developing confidence in the game.

ROCK CLIMBING

Class #	Class Description
400	Intro to Rock Climbing Learn valuable climbing lessons such as, belaying and basic climbing technique
405	Intermediate Rock Climbing Learn how to belay (work safety ropes), basic climbing techniques, team building skills and much more. The first stepping stone for kids who want to get better at rock climbing, or someday want to participate in a junior competition climbing series.
410	Adult Rock Climb (12 and up) Learn how to belay (work safety ropes), basic climbing techniques, team building skills and much more.
425	Open Rock Climb This is an "instruction free" climb hour. Belayers will be present. Children under 10 must be accompanied by an adult.

OPEN GYM

Period #	Description
600	Open Gym (6-12 years old) Coaches will be present to moderate basketball, dodge ball , soccer and other activities
605	Open Gym (13 and up) Sports equipment is made available for basketball, soccer, hockey, and flag football
700	Toddler Gym Gym will set up with toddler friendly obstacle course designed to work on balance, coordination and spatial awareness. Come have fun "Mommy & Me time" while developing overall motor skills!

ADULT FITNESS

Class #	Class Description
800	Boot Camp Jump on those New Year's resolutions with this fast paced, high energy workout! Designed to improve overall strength and endurance.

PRIVATE LESSONS

Private lessons are currently available for Basketball, Tennis, and Rock Climbing. Please contact a Play For Sport team member for more information.

2010 Spring Semester Pricing

Schedule

Spring Semester begins January 9th and ends May 29th. Memberships after January 9th will be prorated. There are no classes the week of March 15th thru March 20th, Friday April 2nd and Saturday April 3rd

Missed Classes

There are no credits issued for missed classes unless otherwise arranged for in advance (i.e. vacation) Missed class coupons will be issued for classes missed and must be redeemed within 30 days

Open Gym

You may add on an Open Gym membership to any class for additional \$50 per semester

Payments

Payment is due by the first class of each semester. Semester payment may be made in two payments 30 days apart. Monthly payments are available by autodraft only. Contact a PFS team member for the monthly rates for the class you are registering for.

Annual Family Registration fee: \$25

Multiple Discount: 5% off tuition for each additional family member

*** An annual Insurance fee of \$50 is required on all rock climbing options and classes**

SPORTS CLASSES		
Class #	Class Description	Semester Pricing
100	Jumpin' Joeys	\$208
105	Cougar Training Camp	\$233
110	Stingray Starters	\$233
115	Titan Sports	\$233
200	Topspin Tigers Intro Tennis	\$233
205	Seahawk Servers Intermediate Tennis	\$250
300	Panther Pack Beginning Basketball	TBA
305	Panther Pack Mini Soccer	\$220

ROCK CLIMBING		
Class #	Class Description	Semester Pricing
400	Intro to Rock Climbing - Coach Climber Ratio 1:1	\$233*
405	Intermediate Rock Climbing - Coach Climber Ratio 1:1	\$250*
410	Adult Rock Climb (ages 12 and up) - Coach Climber Ratio 1:1	\$250*
425	Open Rock Climb - 10 visit Punch Card	\$80

OPEN GYM		
Period #	Description	Semester Pricing
500	Toddler Gym	\$60
600	Open Gym	\$60

ADULT FITNESS		
Class #	Class Description	Semester Pricing
800	Boot Camp	\$250

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