

2021 WINTER/SPRING SEMESTER FEBRUARY 1 - JUNE 13, 2021							
Age as of February 1, 2021	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 1/2 HOUR DROP OFF PROGRAM AGES 2 & UP 10 WEEK SESSIONS 1 DAY = \$450 2 DAYS = \$800 3 DAYS = \$1050 4 DAYS = \$1280 5 DAYS = \$1500	9:30-12:00 12:45-3:15	9:30-12:00 12:45-3:15	9:30-12:00 12:45-3:15	9:30-12:00 12:45-3:15	9:30-12:00 12:45-3:15		
MULTI SPORT CLASSES AGES 1 YR - 8 YRS - REWARDS PROGRAM AVAILABLE SESSION RUNS FEBRUARY 1 THROUGH JUNE 13TH							
ADULT & ME CLASS 1 & 2 YRS MUST BE WALKING 50 min \$485 broken into 2 payments	9:15 -10:05	10:15-11:05	9:15-10:05	9:15-10:05	9:45-10:35	9:00-9:50	
JUNIOR CATS CLASS 3 YR OLDS 50 min/\$485 broken into 2 payments	10:15-11:05	9:15 - 10:05 11:15-12:05	10:15-11:05	10:15-11:05	11:30-12:20	11:00-11:50	
SPORT DEVELOPMENT 3-5 yrs or 5-7 yrs 60 min/\$499 broken into 2 payments	<u>3-5 yrs</u> 11:15-12:15 12:45-1:45 1:45-2:45	<u>3-5 yrs</u> 12:45-1:45 1:45-2:45	<u>3-5 yrs</u> 11:15-12:15 12:45-1:45 <u>4-7 yrs</u> 4:15-5:15	<u>3-5 yrs</u> 11:15-12:15 12:45-1:45 1:45-2:45 4:00-5:00 3-6	<u>3-5 yrs</u> 10:30-11:30 12:45-1:45 1:45-2:45 <u>4-7 YRS</u> 3:45-4:45	<u>4-6 yrs</u> 10:00-11:00	<u>4-6 yrs</u> 9:30-10:30
\$4 LUNCH PROGRAM 12:15-12:45 BEFORE OR AFTER CLASS Send NUT FREE lunch or have pizza lunch provided by CATS \$4	12:15-12:45 \$4 LUNCH PROGRAM	12:15-12:45 \$4 LUNCH PROGRAM	12:15-12:45 \$4 LUNCH PROGRAM	12:15-12:45 \$4 LUNCH PROGRAM	12:15-12:45 \$4 LUNCH PROGRAM		
SPORT SPECIFIC CLASSES - 10 WEEK SESSIONS - AGES 3 YRS - 8 YRS - \$190 SESSION RUNS IN TEN WEEK INCREMENTS BETWEEN FEB. 1 & JUNE 13, 2021							
BASEBALL 50 MIN			3-5 YRS 1:45-2:35	3-5 YRS 2:35-3:25	3-5 yrs 2:35-3:25		
BASKETBALL 50 MIN		3-5 yrs 1:45-2:35	3-5 YRS 3:25-4:15	3-5 yrs 1:45-2:35			4-6 yrs 10:30-11:20
SOCCER 50 MIN	3-5 yrs 3:25-4:15	3-5 yrs 2:35-3:25					
LACROSSE 50 MIN	3-5 YRS 2:45-3:35		3-5 yrs 2:35-3:25		3-5 YRS 1:45-2:35		
LEARN TO SKATE/ROLLER HOCKEY 50 MIN - \$190			4-8 yrs Skating/RH 5:15-6:05				
NINJA WARRIOR \$270 60 MIN	4:00 5 & UP 5:00 5 & UP	4:00 4-7 YRS 5:00 5-8 YRS		5:00 4-7 YRS	5:00 4-7 YRS		
STEVENS KARATE ACADEMY 45 MIN \$270	4 & UP 4:15-5:00 5:15-6:00	3-5 YRS 1:00-1:45	3-5 YRS 1:00-1:45 4:15-5:00 4 & UP 5:15-6:00 4 & UP				4 & UP 9:30-10:15

CLASS DESCRIPTIONS

MULTI SPORT & NINJA WARRIOR CLASSES ARE ENTITLED TO THE REWARDS PROGRAM

ADULT & ME 1 & 2 YR OLDS

Parents/Caregivers are included in each 50 min. multi sport class. Songs, exercises and colorful, age appropriate equipment help children discover their athletic potential. Child directed play & teacher guided activities further develop each child's physical competence.

JUNIOR CATS 3 YRS

A transitional 50 min. multi sport class in which children are separated from parents/caregivers. The focus is on sports through fun activities while developing motor skills. Skill sets for all sports lay the foundation for future success.

SPORT DEVELOPMENT 3-8 yrs

One hour classes introduce children to skills in multiple sports. Emphasis is on game time with skill development, stretching, strengthening and movement drills. Rules and low level competition are introduced teaching children discipline, team work and sportsmanship.

SPORT SPECIFIC CLASSES 3-8 YRS

50 minute sport classes that focus on one individual sportssuch as Basketball, Baseball, Soccer, Roller Hockey, Floor Hockey, Golf, Lacrosse & Flag Football. Skill building and game play!

TENNIS SCHEDULE SEPARATE

REWARDS PROGRAM

CATS ENCOURAGES EXTRA PRACTICE!

REWARDS CLASSES ONLY \$5 EACH!!!!
 BY REGISTERING FOR A MULTI SPORT CLASS, YOUR CHILD IS ENTITLED TO ATTEND ANY OTHER AGE APPROPRIATE CLASS (excluding tennis, karate & ninja warrior classes). THIS INCLUDES ANY ADULT & ME, JUNIOR CAT, SPORT DEVELOPMENT & SPORT SPECIFIC CLASS!
 CATS DOES FOLLOW A SPECIFIC STUDENT TO TEACHER RATIO SO YOU **MUST REGISTER FOR EACH CLASS AHEAD OF TIME!**
 516-763-1299 CATSRVC@GMAIL.COM

PLAY WITH SUCCESS

In 1984, CATS developed a unique cross training curriculum with the assumption that if a child achieves success the child will have more fun. Through interaction, students are given the steps to achieve their goals. The more success a child has the more fun the child will have leading to a lifelong love of being active. Our mission is to develop physical competence in every child. When children are successful they enjoy themselves. We create an environment built on success. Fun, Confidence, Physical Competence and Self Esteem are products of this foundation. Our goal is to foster a lifelong love of physical activity which is essential in sports and critical to the healthy development of well rounded individuals.



BUTCH SEEWAGEN TENNIS ACADEMY

MAY 2013, THE B.S.T.A. WAS AWARDED INNOVATIVE TENNIS PROGRAM OF THE YEAR BY NASSAU COUNTY AND THE UNITED STATES TENNIS ASSOCIATION.

In February of 2012, CATS added a new indoor tennis program serving the south shore. This is specifically designed for children 10 & under. CATS is a USTA Quickstart Center offering professional tennis programs for group, semi private, and private lessons. This state of the art facility features 3 regulation courts and is directed by former Top 70 and 12-time US Open competitor Butch Seewagen. The Butch Seewagen Tennis Academy uses the United States Tennis Association and the International Tennis Federation Quickstart tennis guidelines.

SEE SEPARATE TENNIS BROCHURE FOR RATES & SCHEDULE OF CLASSES
 516-763-1299 catsrvc@gmail.com

CATS SPORTS PARTIES

CATS has the best organized and structured sport parties around! Your child will have a blast! Led by a qualified staff of coaches, events run smoothly allowing parents to relax!

ENJOY EXCLUSIVE
USE OF OUR FACILITY!
CALL NOW TO SCHEDULE AND FOR MORE
INFO ON OUR PARTY PACKAGES!
516-763-1299



DATES TO REMEMBER

Classes begin: February 1, 2021
Classes end: June 13, 2021

CLOSED w/Holiday Programs Available

Presidents Week Recess - Feb. 15th-21st
Spring Recess - March 29 - April 4, 2021

Friday, May 28, 2020

Awards Week - June 7 - 13, 2021
Bring your cameras!

SUMMER PROGRAM & AT
HOME SESSIONS BEGINNING
JUNE 14, 2021

CATS DISCOUNTS

EARLY BIRD RATES
BY JANUARY 15TH
10% OFF ALL CLASSES

RECEIVE **20% OFF** FOR EACH
*NEW STUDENT YOU REFER.
4 NEW KIDS YOU GO FREE!!

SIBLING DISCOUNTS
10% OFF 2ND CHILD

TWINS DISCOUNT
20% OFF 2ND TWIN

REQUEST YOUR OWN CLASS
WITH 4 OR MORE NEW KIDS &
YOU GO FREE!

WHEN SCHOOL IS OUT...

CATS IS IN!!!
School Break Programs!!!
ORGANIZED &
STRUCTURED SPORTS,
GAMES & ACTIVITIES!

Offered during school closings & breaks
including Presidents Break & Spring Break
AM & PM Sessions Available
2 - 10 year olds

(children will be separated by age)
Call Jami for information!
516-763-1299
Limited enrollment!



Celebrating 36 years!



Long Island Cats

188 Maple Ave.

Rockville Centre, NY 11570

516-763-1299 fax 516-255-0051

WWW.CATSRVC.COM email catsrvc@gmail.com

CATS BASICS - MULTI SPORT PROGRAMS AGES 1 THROUGH 8 YRS
SPORT SPECIFICS AGES 3 THROUGH 8 YRS
USTA QUICKSTART TENNIS PROGRAM AGES 3 - 10 YRS
SCHOOL BREAK PROGRAMS AGES 2 THROUGH 10 YRS
SUMMER PROGRAMS AGES 2 THROUGH 10 YRS
BIRTHDAY PARTIES ALL AGES
GYM RENTALS ALL AGES
NEW...NINJA WARRIOR CLASSES AGES 4 & UP
KARATE CLASSES WITH STEVENS KARATE ACADEMY
2 YR & UP DROP OFF PROGRAM



2021 WINTER/SPRING SEMESTER

February 1 - June 13, 2021

Featured in "NY Best Bets", "NY
Times", "Tennis Magazine"
and CBS National News.

On the fields and on the courts
we excel in all the sports!



Children's Athletic Training School
188 Maple Avenue
RVC, NY 11570
Phone: 516-763-1299
www.catsrvc.com catsrvc@gmail.com
Director, Jami Madison