

2025 WINTER & SPRING MULTI SPORT SCHEDULE - AGES 1-7 YRS

FEBRUARY 3 - JUNE 22, 2025

CLASS DESCRIPTIONS & HOLIDAY/EVENTS ARE ON FRONT OF BROCHURE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADULT & ME 1 & 2 YR OLDS MULTI SPORT (MUST BE WALKING) 50 min \$550 *REWARDS PROGRAM	9:30-10:20 10:30-11:20 1:30-2:20	9:15-10:05 10:15-11:05	9:15-10:05 10:15-11:05 1:30-2:20	9:15-10:05 10:30-11:20 1:30-2:20	9:45-10:35 10:45-11:35	9:00-9:50	
JUNIOR CATS 3 YR OLDS MULTI SPORT 50 MIN \$550 *REWARDS PROGRAM	10:25-11:15	9:20-10:10	10:15-11:05	10:15-11:05	11:35-12:25	11:00-11:50	
SPORT DEVELOPMENT 3-5 YRS OR 5-7 YRS MULTI SPORT 60 min/\$590 *REWARDS PROGRAM	<u>3-5 YRS</u> 11:15-12:15 12:45-1:45 1:45-2:45 <u>4-7 YRS</u> 5:00-6:00	<u>3-5 YRS</u> 11:15-12:15 12:45-1:45 1:45-2:45 <u>4-7 YRS</u> 5:00-6:00	<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 <u>4-7 YRS</u> 4:15-5:15	<u>3-5 YRS</u> 10:35-11:35 12:45-1:45 1:45-2:45 <u>4-7 YRS</u> 4:00-5:00	<u>4-6YRS</u> 10:00-11:00	<u>3-6 YRS</u> 9:30-10:30
LUNCH OPTION \$5 PER DAY BEFORE OR AFTER CLASS Send a NUT FREE lunch or have pizza lunch provided.	LUNCH OPTION \$5 PER DAY BEFORE OR AFTER CLASS	LUNCH OPTION \$5 PER DAY BEFORE OR AFTER CLASS	LUNCH OPTION \$5 PER DAY BEFORE OR AFTER CLASS	LUNCH OPTION \$5 PER DAY BEFORE OR AFTER CLASS	LUNCH OPTION \$5 PER DAY BEFORE OR AFTER CLASS		

PAYMENT OPTIONS: 1 PAYMENT - NO FEE

2 PAYMENTS - ADD \$30 & DIVIDE INTO 2 - 2ND PAYMENT DUE ONE MONTH LATER

3 PAYMENT - ADD \$40 & DIVIDE INTO 3 - 3RD PAYMENT DUE ONE MONTH LATER

*REWARDS PROGRAM INFORMATION

CATS encourages extra practice! **REWARDS CLASSES ARE ONLY \$5 EACH!!!!**
By registering for a multi sport class, your child is entitled to attend any other age appropriate class for only \$5 per class or any Ninja class for \$10 per class. This excludes Tennis & Karate classes. CATS follows a specific student to teacher ratio, so you **MUST** register for each class ahead of time.

2025 SPECIFIC SPORTS - 10 WEEK PROGRAMS

NINJA WARRIOR, SPECIFIC SPORTS, TENNIS & KARATE

These programs are held in ten week increments excluding the days we are closed which are listed on front of brochure. You may email requests.

Dates are listed on a separate flier. Class descriptions are listed on the front of brochure.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
NINJA WARRIOR TRAINING \$310 TEN WEEKS	4:00-5:00 4-6YRS	4:00-5:00 4-6 YRS		5:15-6:15 4-8 YRS	4:15-5:15 4-8YRS	
BASKETBALL \$240 TEN WEEKS		2:35-3:25 3-5 YRS	3:25-4:15 3-5 YRS	2:35-3:25 3-5 YRS	2:35-3:25 3-5 YRS	10:30-11:20 4-6 YRS
BASEBALL \$240 TEN WEEKS				3:25-4:15 3-5 YRS	1:45-2:35 3-5 YRS	
SOCCER \$240 TEN WEEKS	2:45-3:25 3-5 YRS				3:25-4:15 3-5 YRS	
LACROSSE \$240 TEN WEEKS	3:25-4:15 3-5 YRS	3:25-4:15 3-5 YRS				
FLAG FOOTBALL \$240 TEN WEEKS		1:45-2:35 3-5 YRS 5:00-5:50 5-7 yrs	2:35-3:25 3-5 YRS	1:45-2:35 3-5 YRS		11:20-12:10 4-6 YRS
LEARN TO SKATE INTRO TO ROLLER HOCKEY \$240 TEN WEEKS	1:45-2:35 3-5 YRS 5:00-5:50 4 & UP	12:45-1:35 3-5 YRS	1:45-2:35 3-5 YRS 5:15-6:05 AGES 4 & UP	12:45-1:35 AGES 3 & UP	5:15-6:05 AGES 4 & UP	
STEVENS KARATE ACADEMY @ CATS \$310 TEN WEEKS AGES 3 YRS & UP	4:30-5:15 5:15-6:00	4:15-5:00 5:00-5:45	4:30-5:15 5:15-6:00	4:15-5:00 5:00-5:45	1:30-2:15 2:15-3:00	9:30-10:15 AGES 4 & UP
USTA QUICK START TENNIS PROGRAM INFO ON FRONT	3:00-3:45 4:00-4:45 4:45-5:30 5:30-6:15	3:15-4:00 4:00-4:45 4:45-5:30 5:30-6:15	3:30-4:15 4:15-5:00 5:00-6:00 6:00-6:45	3:15-4:00 4:00-5:00 5:00-5:45 5:45-6:30	3:15-4:00 4:00-4:45 4:45-5:30 5:30-6:15	9:45-10:30 10:30-11:15 11:15-12:00

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 FOR MORE INFO ON OUR PARTY PACKAGES & TO SCHEDULE YOUR DATE!
 516-763-1299**



DATES TO REMEMBER:

CLASSES BEGIN MON., FEB. 3, 2025
 CLASSES END SUN., JUNE 22, 2025
 AWARDS WEEK JUNE 16-22, 2025

NO CLASSES ON THE FOLLOWING DATES:

FEB. 15TH - FEB. 21ST, 2025 PRESIDENTS BREAK
 APRIL 14TH - APRIL 21ST, 2025 SPRING BREAK
 MAY 24TH - MAY 26TH, 2025 MEMORIAL DAY
 JUNE 19TH, 2025 JUNETEENTH

HOLIDAY PROGRAMS AVAILABLE:

MARTIN LUTHER KING JR DAY - JAN. 20, 2025
 LUNAR NEW YEAR - JAN. 29, 2025
 PRESIDENTS BREAK - FEB. 15TH - 21ST, 2025
 SPRING BREAK - APRIL 14TH - APRIL 21ST, 2025
 JUNETEENTH - JUNE 19TH, 2025

CLASS DESCRIPTIONS

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 3-7 yrs

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

NINJA WARRIOR AGES 4 & UP

An obstacle based fitness program that focuses on building strength, coordination, agility, endurance, and balance. A challenging & fun class that includes running, jumping, swinging and hanging. Equipment includes ninja line, warped wall, quintuple steps, traverse wall & more!

SPORT SPECIFIC AGES 3 & UP

50 min classes focusing on individual sports such as Basketball, Baseball, Soccer, Football Lacrosse, Skating, Roller Hockey & more. Skill building & game play.

DISCOUNTS AVAILABLE

EARLY BIRD RATES BY 1/15/25
10% OFF ANY CATS CLASS

RECEIVE **20% OFF** FOR EACH
 *NEW STUDENT YOU REFER.

SIBLING DISCOUNTS
10% OFF 2ND CHILD
 TWINS DISCOUNT
20% OFF 2ND TWIN

2 ½ HR DROP OFF PROGRAM

**Ages 2 yrs & up
 10 Week Sessions**

**Available Mondays through Fridays
 9:30-12:00 or 12:45-3:15**

**\$5 Lunch option available before or after
 SPORTS, GAMES & ACTIVITIES,
 MUSIC & MOVEMENT,
 ARTS & CRAFTS,
 STORY & SNACKTIME,
 COGNITIVE DEVELOPMENT &
 IMAGINATION STATION GAMES!**

**CATS provides a safe, creative, and
 nurturing child centered environment that
 promotes all aspects of growth
 and development!**

**1 DAY A WEEK = \$600
 2 DAYS A WEEK = \$1045
 3 DAYS A WEEK = \$1475
 4 DAYS A WEEK = \$1840
 5 DAYS A WEEK = \$2000**

BUTCH SEEWAGEN TENNIS ACADEMY

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.

*IN MAY OF 2013, THE B.S.T.A. WAS AWARDED
 INNOVATIVE TENNIS PROGRAM OF THE YEAR BY
 NASSAU COUNTY AND THE USTA.*
**SEE SEPARATE TENNIS BROCHURE FOR
 RATES & SCHEDULE OF CLASSES
 516-763-1299 CATSRVC@GMAIL.COM**



**&
 Center for Adult Sports**
2025 CLASS SCHEDULE
FEBRUARY 3RD-JUNE 22ND, 2025
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, Miss Jami Madison