

FALL 2026 CATS MULTI SPORT SCHEDULE - AGES 1-7 YRS
September 14, 2026 through January 31, 2027
CLASS DESCRIPTIONS & HOLIDAY/EVENTS ARE ON FRONT OF BROCHURE

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

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.

FALL 2026 CATS 10 WEEK PROGRAMS
NINJA WARRIOR, SPECIFIC SPORTS, TENNIS & KARATE
These programs are held in TEN week increments excluding the days we are closed.
Session 1 begins the week of 9/14. Call or email for start & end dates.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
NINJA WARRIOR TRAINING \$320 10 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 \$250 10 Weeks	1:45-2:35 3-5 YRS		2:35-3:25 3-5 YRS	2:35-3:25 3-5 YRS	3:25-4:15 3-5 YRS	10:30-11:20 4-6 YRS
BASEBALL \$250 10 Weeks	3:25-4:15 3-5 YRS	1:45-2:35 3-5 YRS	3:25-4:15 3-5 YRS			
SOCCER \$250 10 Weeks		2:35-3:25 3-5 YRS		1:45-2:35 3-5 YRS	2:35-3:25 3-5 YRS	
LACROSSE \$250 10 Weeks	2:35-3:25 3-5 YRS	3:25-4:15 3-5 YRS	1:45-2:35 3-5 YRS		1:45-2:35 3-5 YRS	11:20-12:10 4-6 YRS
FLAG FOOTBALL \$250 10 Weeks		5:00-5:50 5-7 YRS	2:35-3:25 3-5 YRS	3:25-4:15 3-5 YRS		11:20-12:10 4-6 YRS
LEARN TO SKATE INTRO TO ROLLER HOCKEY \$250 10 Weeks	5:00-5:50 4 & UP	12:45-1:35 3-5 YRS 5:00-5:50 5-7 YRS	12:45-1:35 3-5 YRS 5:15-6:05 AGES 4 & UP	12:45-1:35 AGES 3 & UP	12:45-1:35 3-5 YRS 5:15-6:05 AGES 4 & UP	
STEVENS KARATE ACADEMY @ CATS \$320 10 Weeks AGES 3 YRS & UP	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	
USTA QUICK START Tennis information on front of brochure \$340 - Group Lessons	2:15-3:00 3:00-3:45 4:00-4:45 4:45-5:30 5:30-6:15	2:30-3:15 3:15-4:00 4:00-4:45 4:45-5:30 5:30-6:15	2:45-3:30 3:30-4:15 4:15-5:00 5:00-6:00 6:00-6:45	2:30-3:15 3:15-4:00 4:00-5:00 5:00-5:45 5:45-6:30	2:30-3:15 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 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:

MULTI SPORT CLASSES

(Adult & Me, Junior Cat & Sport Development)

MON., SEPT. 14, 2026 - SUN., JAN. 31, 2027

AWARDS/FAMILY WEEK JAN. 25-31, 2027

10 WEEK SESSION CLASSES

Dates are on separate flier (Drop Off Program, Sport Specifics, Ninja Warrior, Tennis, Karate)

NO CLASSES ON THE FOLLOWING DATES:

HOLIDAY PROGRAMS WILL BE AVAILABLE

9/21/26 YOM KIPPUR, 10/12/26 COLUMBUS DAY,
11/3/26 ELECTION DAY, 11/11/26 VETERANS DAY,
11/25/26-11/29/26 THANKSGIVING BREAK,
12/24/26-1/3/27 WINTER BREAK

DISCOUNTS AVAILABLE

EARLY BIRD RATES BY **8/15/26!**

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

CLASS DESCRIPTIONS

ADULT & ME 1 & 2 YR MULTI SPORT

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 YR MULTI SPORT

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 YR MULTI SPORT

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

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

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 = \$630

2 DAYS A WEEK = \$1100

3 DAYS A WEEK = \$1545

4 DAYS A WEEK = \$1900

5 DAYS A WEEK = \$2100

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



FALL 2026 CLASS SCHEDULE

September 14, 2026 - January 31, 2027

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

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Director, Jami Madison