

## 2024 FALL & WINTER - MULTI SPORT SCHEDULE - AGES 1-7 YRS

**RUNS SEPTEMBER 9, 2024 - FEBRUARY 2, 2025**

CLASS DESCRIPTIONS ARE ON FRONT OF BROCHURE - HOLIDAY & CLOSINGS ON FRONT OF BROCHURE

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

**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 does follow a specific student/teacher ratio, so you **MUST** register for each class ahead of time.

516-763-1299 CATSRVC@GMAIL.COM

## 2024 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.

Call or email for start & end dates. **EMAIL WITH ANY REQUESTS!**

Class descriptions on front of schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NINJA WARRIOR \$310 TEN WEEKS</b>	4:00-5:00 AGES 5+ UP	4:00-5:00 4-6 YRS		5:15-6:15 4-8 YRS	4:00-5:00 4-8YRS		
<b>BASKETBALL \$240 TEN WEEKS</b>	2:45-3:25 3-5 YRS	1:45-2:35 3-5 YRS	3:25-4:15 3-5 YRS		2:35-3:25 3-5 YRS		10:30-11:20 4-6 YRS
<b>BASEBALL \$240 TEN WEEKS</b>		2:35-3:25 3-5 YRS	1:45-2:35 3-5 YRS	3:25-4:15 3-5 YRS	1:45-2:35 3-5 YRS		
<b>SOCCER \$240 TEN WEEKS</b>	1:45-2:35 3-5 YRS	3:35-4:15 3-5 YRS		2:35-3:25 3-5 YRS	3:25-4:15		
<b>LACROSSE \$240 TEN WEEKS</b>	3:25-4:15 3-5 YRS		2:35-3:25 3-5 YRS	1:45-2:35 3-5 YRS			
<b>FLAG FOOTBALL \$240 TEN WEEKS</b>		5:00-5:50 5-7 YRS					11:20-12:10 4-6 YRS
<b>LEARN TO SKATE INTRO TO ROLLER HOCKEY \$240 TEN WEEKS</b>	5:00-5:50 4 & UP	12:45-1:35 3-5 YRS	5:15-6:05 AGES 4 & UP	12:45-1:35 AGES 3 & UP	5:00-5:50 AGES 4 & UP		
<b>STEVENS KARATE ACADEMY @ CATS \$310 TEN WEEKS AGES 3 YRS &amp; UP</b>	4:30-5:15 5:15-6:00		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
<b>USTA QUICK START TENNIS PROGRAM INFO ON FRONT</b>	CALL OR EMAIL TO SCHEDULE	LESSONS AVAILABLE MON - SUN	PRIVATE LESSONS PRICES VARY	SEMI PRIVATE LESSONS	GROUP LESSONS \$320 TEN WEEKS		

## 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., SEPT. 9, 2024  
 CLASSES END SUN., FEB. 2, 2025  
 AWARDS WEEK JAN. 27 - FEB. 2, 2025

### **NO CLASSES ON THE FOLLOWING DATES:**

OCTOBER 3 & 4, 2024 ROSH HASHANA  
 OCTOBER 12-14, 2024 COLUMBUS DAY  
 NOV. 5, 2024 ELECTION DAY  
 NOV. 11, 2024 VETERANS DAY  
 NOV. 27 - DEC. 1, 2024 THANKSGIVING BREAK  
 DEC. 23—JAN. 1, 2025 WINTER RECESS  
 JAN. 20, 2025 MARTIN LUTHER KING DAY  
 JAN. 29, 2025 LUNAR NEW YEAR

### **HOLIDAY PROGRAMS AVAILABLE:**

ROSH HASHANA, COLUMBUS DAY, ELECTION DAY, VETERANS DAY, THANKSGIVING BREAK, WINTER RECESS, MLK DAY, LUNAR NEW YEAR

## 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

**AUGUST 5, 2024**

**RECEIVE 10% OFF ANY 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 12:15-12:45**

**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**



## 2024 CLASS SCHEDULE

SEPTEMBER 9, 2024 - FEBRUARY 2, 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**

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Director, Miss Jami Madison