

2024 - MULTI SPORT SCHEDULE - AGES 1 - 7 YRS

RUNS JANUARY 29, 2024 - JUNE 16, 2024

CLASS DESCRIPTIONS ARE ON FRONT OF BROCHURE

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

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 |
|--|-----------------------------------|--|--------------------------------|------------------------------|----------------------------------|----------|---------------------------|
| NINJA WARRIOR \$310 TEN WEEKS | 4:00-5:00 5:00-6:00 AGES 5+ | 4:00-5:00 4-6 YRS 5:00-5:50 5-7 YRS | | 5:15-6:15 4-8 YRS | | | |
| BASKETBALL \$240 TEN WEEKS | 3:00-3:50 3-5 YRS | 3-5 YRS 2:35-3:25 5-7 YRS 5:00-5:50 | 1:45-2:35 3-5 YRS | | 2:35-3:25 | | 10:30-11:20 4-6 YRS |
| BASEBALL \$240 TEN WEEKS | 1:45-2:35 3-5 YRS | | | 3:25-4:15 3-5 YRS | 1:45-2:35 3-5 YRS | | |
| SOCCER \$240 TEN WEEKS | | | 2:35-3:25 3-5 YRS | 2:35-3:25 3-5 YRS | 3:25-4:15 | | |
| LACROSSE \$240 TEN WEEKS | | 1:45-2:35 3-5 YRS | 3:25-4:15 3-5 YRS | 1:45-2:35 3-5 YRS | | | |
| FLAG FOOTBALL \$240 TEN WEEKS | 5:00-5:50 5-7 YRS | | | | | | 11:20-12:10 4-6 YRS |
| LEARN TO SKATE INTRO TO ROLLER HOCKEY \$240 TEN WEEKS | | 1:00-1:50 Learn to skate | 5:15-6:05 AGES 4 & UP | 12:45-1:35 PM AGES 3 & UP | 5:00-5:50 AGES 4 & UP | | |
| STEVENS KARATE ACADEMY @ CATS \$310 TEN WEEKS AGES 3 YRS & UP | 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 |
| USTA QUICK START TENNIS PROGRAM INFO ON FRONT | 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., JAN. 29, 2024
CLASSES END SUN., JUNE 16, 2024
AWARDS WEEK JUNE 10-16, 2024
NO CLASSES ON THE FOLLOWING DATES
FEBRUARY 17 - 23, 2024 MID WINTER RECESS
MARCH 28 - 31, 2024 EASTER RECESS
APRIL 22 - 30, 2024 PASSOVER RECESS
MAY 25-27, 2024 MEMORIAL DAY WEEKEND
WINTER RECESS CAMP AVAILABLE
FEBRUARY 19 - 23, 2024
EASTER RECESS CAMP AVAILAVLE
MARCH 28TH & 29TH 2024
PASSOVER RECESS CAMP AVAILABLE
APRIL 22ND—30TH, 2024
MON., 1/15 MARTIN LUTHER KING DAY

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 **JAN. 8, 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



Center for Adult Sports
2024 CLASS SCHEDULE
JANUARY 29, 2024 - JUNE 16, 2024
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, Miss Jami Madison