

2025 FALL MULTI SPORT SCHEDULE - AGES 1-7 YRS SEPTEMBER 8, 2025 - FEBRUARY 1, 2026 CLASS DESCRIPTIONS & HOLIDAY/EVENTS ARE ON FRONT OF BROCHURE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ADULT &amp; ME</b> <b>1 &amp; 2 YR OLDS</b> <b>MULTI SPORT</b> <b>(MUST BE WALKING)</b> <b>50 min \$550</b> <b>*REWARDS PROGRAM</b>	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	
<b>JUNIOR CATS</b> <b>3 YR OLDS</b> <b>MULTI SPORT</b> <b>50 MIN \$550</b> <b>*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</b> <b>3-5 YRS OR 5-7 YRS</b> <b>MULTI SPORT</b> <b>60 min/\$590</b> <b>*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</b> <b>\$5 PER DAY BEFORE OR AFTER CLASS</b> Send a NUT FREE lunch or have pizza lunch provided.	<b>LUNCH OPTION</b> <b>\$5 PER DAY BEFORE OR AFTER CLASS</b>	<b>LUNCH OPTION</b> <b>\$5 PER DAY BEFORE OR AFTER CLASS</b>	<b>LUNCH OPTION</b> <b>\$5 PER DAY BEFORE OR AFTER CLASS</b>	<b>LUNCH OPTION</b> <b>\$5 PER DAY BEFORE OR AFTER CLASS</b>	<b>LUNCH OPTION</b> <b>\$5 PER DAY BEFORE OR AFTER CLASS</b>		

<b>PAYMENT OPTIONS:</b> 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
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<b><u>*REWARDS PROGRAM INFORMATION</u></b>  CATS encourages extra practice! <b>REWARDS CLASSES ARE ONLY \$5 EACH!!!!</b> 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 <b>MUST</b> register for each class ahead of time.
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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
<b>NINJA WARRIOR TRAINING</b> <b>\$320 TEN WEEKS</b>	4:00-5:00 4-6YRS	4:00-5:00 4-6 YRS		5:25-6:25 4-8 YRS	4:15-5:15 4-8YRS	
<b>BASKETBALL</b> <b>\$250 TEN WEEKS</b>		2:35-3:25 3-5 YRS		2:35-3:25 3-5 YRS	2:35-3:25 3-5 YRS	10:30-11:20 4-6 YRS
<b>BASEBALL</b> <b>\$250 TEN WEEKS</b>		1:45-2:35 3-5 YRS		3:25-4:15 3-5 YRS	1:45-2:35 3-5 YRS	
<b>SOCCER</b> <b>\$250 TEN WEEKS</b>	2:45-3:25 3-5 YRS		3:25-4:15 3-5 YRS		3:25-4:15 3-5 YRS	
<b>LACROSSE</b> <b>\$250 TEN WEEKS</b>	3:25-4:15 3-5 YRS	3:25-4:15 3-5 YRS				
<b>FLAG FOOTBALL</b> <b>\$250 TEN WEEKS</b>		5:00-5:50 5-7 yrs 5-7 YRS	2:35-3:25 3-5 YRS	1:45-2:35 3-5 YRS		11:20-12:10 4-6 YRS
<b>LEARN TO SKATE</b> <b>INTRO TO ROLLER HOCKEY</b> <b>\$250 TEN WEEKS</b>	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	
<b>STEVENS KARATE ACADEMY @ CATS</b> <b>\$320 TEN WEEKS</b> <b>AGES 3 YRS &amp; UP</b>	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
<b>USTA QUICK START TENNIS PROGRAM</b> <b>INFO ON FRONT</b>	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 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. 8, 2025

CLASSES END SUN., FEB. 1, 2026

AWARDS WEEK JAN. 26TH - FEB. 1, 2026

**NO CLASSES ON THE FOLLOWING DATES:**

ROSH HASHANA 9/23 & 9/24

YOM KIPPUR 10/2

COLUMBUS DAY WEEKEND 10/11, 10/12, 10/13

ELECTION DAY 11/4

VETERANS DAY 11/11

THANKSGIVING BREAK 11/26-11/30

WINTER BREAK 12/24/25-1/2/26

MARTIN LUTHER KING DAY 1/19

**HOLIDAY PROGRAMS WILL BE AVAILABLE**

### 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 8/15/25

**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 = \$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



&  
Center for Adult Sports

2025 FALL CLASS SCHEDULE

SEPT. 8, 2025 - FEB. 1, 2026

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