

FALL/WINTER SEMESTER - SEPTEMBER 14, 2020 - JANUARY 31, 2021

MULTI SPORT CLASSES - AGES 1 YR THROUGH 8 YRS

Age as of September 1ST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Multi Sport Classes Entitled to Rewards Program	TAKE ADVANTAGE OF OUR AMAZING REWARDS PROGRAM! SEE THE REWARDS PROGRAM INFO TO THE RIGHT!						
2 YRS & UP DROP OFF PROGRAM 10 WEEK SESSION \$450 DISCOUNTS AVAILABLE FOR MULTIPLE DAYS	9:15-12:00	9:30-12:00	9:15-12:00	9:30-12:00	9:30-12:00		
1 & 2 yrs Adult & Me 50 min/\$485	9:15-10:05	10:15-11:05	9:15-10:05	9:15-10:05	9:30-10:20	9:00-9:50	
3 YRS - Junior Cats 50 min \$485	10:15-11:05	9:15-10:05 11:15-12:05	10:15-11:05	10:15-11:05 2's & 3's	11:30-12:20	11:00-11:50	
3-5 or 5-7 yrs SPORT DEVELOPMENT \$499	3-5 yrs 11:15-12:15 12:45-1:45 1:45-2:45	3-5 yrs 12:45-1:45 1:45-2:45	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 4:00-5:00 3-6 5:00-6:00 5-7	3-5 yrs 10:30-11:30 12:45-1:45 4-7 yrs 4:00-5:00	4-6 yrs 10:00-11:00	4-6 yrs 9:15-10:15
\$4 LUNCH PROGRAM 12:15-12:45 Send NUT FREE lunch or have pizza lunch provided by CATS \$4 per day	12:15-12:45 \$4 LUNCH PROGRAM	12:15-12:45 \$4 LUNCH PROGRAM	12:15-12:45 \$4 LUNCH PROGRAM	12:15-12:45 \$4 LUNCH PROGRAM	12:15-12:45 \$4 LUNCH PROGRAM		

SPORT SPECIFIC CLASSES - 10 WEEK SESSIONS - AGES 3 YRS - 8 YRS

BASEBALL 50 MIN-\$190	3-5 YRS 2:45-3:35	3-5 yrs 10:15-11:05 1:45-2:35	3-5 yrs 3:25-4:15	3-5 yrs 3:00-3:50			4-6 yrs 11:05-11:55
BASKETBALL 50 MIN - \$190				3-5 yrs 1:45-2:35			4-6 yrs 10:15-11:05
SOCCER 50 MIN - \$190	3-5 yrs 3:40-4:30	3-5 yrs 2:35-3:25	3-5 yrs 2:35-3:25		3-5 yrs 2:35-3:25		
LACROSSE 50 MIN-\$190			3-5 YRS 1:45-2:35		3-5 yrs 1:45-2:35		
FLAG FOOTBALL -\$190				4-7 YRS 5:00-5:50			
LEARN TO SKATE/ROLLER HOCKEY 50 MIN - \$190			4-8 yrs Skating/RH 5:15-6:05	3 & up 1:45-2:35	3-5 yrs 2:35-3:25		
NINJA WARRIOR \$270 60 MIN entitled to rewards program	5-7 yrs 4:15-5:15	4-6 YRS 4:00 7-9 YRS 5:00			4-7 YRS 5:00-6:00		
KARATE WITH STEVENS KARATE ACADEMY 45 MIN \$270	4 & UP 4:00-4:45	3-5 YRS 1:00-1:45	3-5 YRS 1:00-1:45 4 & UP 4:15-5:00				4 & UP 9:30-10:00

CLASS DESCRIPTIONS

MULTI SPORT & NINJA WARRIOR CLASSES ARE ENTITLED TO THE REWARDS PROGRAM

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 3-8 yrs

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

SPORT SPECIFIC CLASSES 3-8 YRS

50 minute sport classes that focus on one individual sport such as Basketball, Baseball, Soccer, Roller Hockey, Floor Hockey, Golf, Lacrosse & Flag Football. Skill building and game play!

TENNIS SCHEDULE SEPARATE

PLAY WITH SUCCESS

In 1984, CATS developed a unique cross training curriculum with the assumption that if a child achieves success the child will have more fun. Through interaction, students are given the steps to achieve their goals. The more success a child has the more fun the child will have leading to a lifelong love of being active. Our mission is to develop physical competence in every child. When children are successful they enjoy themselves. We create an environment built on success. Fun, Confidence, Physical Competence and Self Esteem are products of this foundation. Our goal is to foster a lifelong love of physical activity which is essential in sports and critical to the healthy development of well rounded individuals.



BUTCH SEEWAGEN TENNIS ACADEMY

MAY 2013, THE B.S.T.A. WAS AWARDED INNOVATIVE TENNIS PROGRAM OF THE YEAR BY NASSAU COUNTY AND THE UNITED STATES TENNIS ASSOCIATION.

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.

SEE SEPARATE TENNIS BROCHURE FOR RATES & SCHEDULE OF CLASSES
516-763-1299 catsrv@gmail.com

REWARDS PROGRAM
CATS ENCOURAGES EXTRA PRACTICE!

REWARDS CLASSES ONLY \$5 EACH!!!!
BY REGISTERING FOR A MULTI SPORT CLASS, YOUR CHILD IS ENTITLED TO ATTEND ANY OTHER AGE APPROPRIATE CLASS (excluding tennis, karate & ninja warrior classes). THIS INCLUDES ANY MOMMY & ME, JUNIOR CAT, SPORT DEVELOPMENT & SPORT SPECIFIC CLASS!
CATS DOES FOLLOW A SPECIFIC STUDENT TO TEACHER RATIO SO YOU MUST REGISTER FOR EACH CLASS AHEAD OF TIME!
516-763-1299 CATSRVC@GMAIL.COM

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 TO SCHEDULE AND FOR MORE INFO ON OUR PARTY PACKAGES!
516-763-1299



DATES TO REMEMBER

Classes begin: September 14, 2020
Classes end: January 31, 2021

CLOSED w/Holiday Programs Available
Yom Kippur - Mon, Sept. 28th
Columbus Day - Mon, Oct. 12th
Election Day - Tues, Nov. 3rd
Veterans Day - Wed, Nov. 11th

Thanksgiving Recess - Nov. 25th - 29th

Winter Recess - Dec. 23rd - Jan. 3rd 2021

Martin Luther King Day - Mon. Jan. 18th
Awards Week - Jan. 25th - 31st 2021
Bring your cameras!

CATS DISCOUNTS

RECEIVE **20% OFF** FOR EACH
*NEW STUDENT YOU REFER.
4 NEW KIDS YOU GO FREE!!

SIBLING DISCOUNTS
10% OFF 2ND CHILD

TWINS DISCOUNT
25% OFF 2ND TWIN

REQUEST YOUR OWN CLASS
WITH 4 OR MORE NEW KIDS &
YOU GO FREE!

WHEN SCHOOL IS OUT...

CATS IS IN!!!
School Break Programs!!!
ORGANIZED &
STRUCTURED SPORTS,
GAMES & ACTIVITIES!

Offered during school closings & breaks
including Presidents Week Break and
Spring Break! **AM & PM Sessions Available**
2 - 10 year olds

(children will be separated by age)
Call Jami for information!
516-763-1299
Limited enrollment!



Celebrating 36 years!



Long Island Cats

188 Maple Ave.

Rockville Centre, NY 11570

516-763-1299 fax 516-255-0051

WWW.CATSRVC.COM email catsrvc@gmail.com

CATS BASICS - MULTI SPORT PROGRAMS AGES 1 THROUGH 8 YRS

SPORT SPECIFICS AGES 3 THROUGH 8 YRS

USTA QUICKSTART TENNIS PROGRAM AGES 3 - 10 YRS

SCHOOL BREAK PROGRAMS AGES 2 THROUGH 10 YRS

SUMMER PROGRAMS AGES 2 THROUGH 10 YRS

BIRTHDAY PARTIES ALL AGES

GYM RENTALS ALL AGES

NEW...NINJA WARRIOR CLASSES AGES 4 & UP

KARATE CLASSES WITH STEVENS KARATE ACADEMY

2 YR & UP DROP OFF PROGRAM



2020 FALL/WINTER SEMESTER

September 14, 2020 - January 31, 2021
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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www.catsrvc.com catsrvc@gmail.com
Director, Jami Madison