

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	9:30-12:00 12:30-3:00	9:30-12:00 12:30-3:00	9:30-12:00 12:30-3:00	9:30-12:00 12:30-3:00	9:30-12:00 12:30-3:00		
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	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 1:45-2:45 4:00-5:00 3-6	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 1:45-2:35	3-5 yrs 3:25-4:15	3-5 yrs 3:00-3:50	3-5 YRS 1:45-2:35		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				
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			
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		COMING SOON 5:00-6:00 4-7	4-7 YRS 5:00-6:00		
KARATE WITH STEVENS KARATE ACADEMY 45 MIN \$270	4 & UP 4:15-5:00	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 sportssuch as Basketball, Baseball, Soccer, Roller Hockey, Floor Hockey, Golf, Lacrosse & Flag Football. Skill building and game play!

### TENNIS SCHEDULE SEPARATE

## \*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

### 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 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 Columbus Day, Election Day,  
Vets Day, Thanksgiving Break, Winter Re-  
cess & MLK Day!

AM & PM Sessions Available  
**2 - 10 year olds**

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



*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

Phone: 516-763-1299 Fax: 516-255-0051

www.catsrvc.com catsrvc@gmail.com

Director, Jami Madison