

PHYSICAL EDUCATION CLASSES

ADVENTURE

Thursday 1:15 – 2:15 PM
 Thursday Session 2 only 2:15 – 3:15 PM

Build confidence and self-reliance as you learn adventure skills safely. Climbing and adventure games.

Class #10601

Class Fee \$78

Section C Grades 3–5
 Section D Grades 2–4

ALL STAR MANIA!

Thursday 4:00 - 4:45 PM

Play the sport of the season! Basketball, floor hockey, flag football, ultimate versions of our favorite dodgeball games, and more!

Class #10620

Class Fee \$62

Section A Grades 3–5

ARCHERY

Wednesday 5:15-6:00 PM
 Saturday 10:15-11:00 AM

Class #10602

Class Fee \$78

Section B Grades 1-3
 Section C Grades 3-6

BACKYARD GAMES

Wednesday 3:45 - 4:30 PM

Learn a variety of games you can play at home in the backyard, at a park, or even at the beach! Each week we will learn a different game that you can bring home to teach your family, neighbors and friends!

Class #10624

Class Fee \$62

Section A Grades 3-5

BASKETBALL BASICS

Monday 2:15 – 3:00 PM
 Wednesday 2:00 - 2:45 PM

Basic skills will be covered. There will be a focus on skills but there will be some game play.

Class #10626

Class Fee \$77

Section A Ages 3-Pre-K
 Section B Ages 3-Pre-K

BEGINNING BASKETBALL

Monday 4:00 - 4:45 PM
 Wednesday 4:30 - 5:15 PM

Develop your skills through drills and game play.

Class #10604

Class Fee \$77

Section C Grades K&1
 Section A Grades K&1

BASKETBALL FOR GRADES 1&2

Thursday 4:45 - 5:30 PM
 Friday 4:00 - 4:45 PM

Class #10604

Class Fee \$77

Section B Grades 1&2
 Section D Grades 1&2

BASKETBALL FOR GRADES 3-5

Tuesday 5:15 - 6:00 PM
 Friday 5:30 - 6:15 PM

Class #10603

Class Fee \$77

Section A Grades 3-5
 Section B Grades 3-5

BASKETBALL FOR MIDDLE SCHOOLERS

Monday 6:30 - 7:30 PM

Class #10606

Class Fee \$70

Section B Grades 6-8

BIKE CLUB

Thursday Session 1 only 2:30 – 3:45 PM

Learn safe riding habits, simple repairs and how to plan riding routes around Lexington. Each child must bring bike and helmet and have previous riding experience.

Class #10607

Class Fee \$68

Section A Grades 3–5

FLAG FOOTBALL

Monday 4:45 - 5:30 PM
 Thursday Session 1 only 4:00 - 4:45 PM

Class #10608

Class Fee \$62

Section B Grades 1&2
 Section A Grades 3–5

FLOOR HOCKEY

Monday 5:30 - 6:15 PM
 Friday 4:45 - 5:30 PM

Class #10609

Class Fee \$71

Section A Grades 3–5
 Section B Grades K-2

FUN & SPORTS

Wednesday 11:00 - 11:45 AM

Come jump, run and play sports in the gym! Learn introductory skills to a different sport each week.

Class #10647

Class Fee \$62

Section A Ages 3-PreK

GAME ON!

Wednesday 1:15 – 2:00 PM

We'll start with a variety of warm-up group games and then move on to some of your favorite - dodgeball, floor hockey, and more!

Class #10610

Class Fee \$67

Section A Ages 3-PreK

JUMP AROUND TIME

Wednesday 3:00-3:45 PM

This class is all about jumping around and using up some energy. Get ready for games music and a quick art project! Shoes off and have some fun!

Class #10612

Class Fee \$65

Section A Ages 3-K

LEARNING WITH LEGOS

Monday 3:15-4:00 PM

We'll work with both fine motor and large motor skills while working with Legos to build and tell a story.

Class #10636

Class Fee \$65

Section B Ages 3-Pre K

PHYSICAL EDUCATION CLASSES (CONT.)

MIGHTY MOVERS

Tuesday 11:00 – 11:45 AM
 Youngsters and parents play together in the gymnasium. Free playtime will be followed by a welcome circle and song and an organized game.

Class #10615

Class Fee \$65

Section A Ages 2 & 3 w/parent

NERF UP!

Friday 4:00- 4:45 PM
 Friday 5:30-6:15 PM
 Learn to hide, work together and let loose in a Nerf challenge! We will set up the obstacles around the gym to hide behind. Use teamwork to defeat your opponents!

Class #10639

Class Fee \$67

Section A Grades K-2
 Section B Grades 3-5

PLAYTIME ART

Tuesday 12:30 - 1:15 PM
 Gym AND Art - what could be more fun?! Run and play in the gym and then create an art project all on your own to take home!

Class #10630

Class Fee \$67

Section A Ages 3-Pre K

PRE-SPORT CONDITIONING

Tuesday 3:00-4:30 PM
 Get into shape as we work on cardio, plyometrics, weight lifting and eating habits in order to both condition and fuel your body to better prepare for a busy season of sports!

Class #10629

Class Fee \$68

Section A Grades 6-8

BASIC SOCCER

Monday 1:30 - 2:15 PM
 Saturday 9:15 – 10:00AM
 Basic soccer fundamentals, skills and some game play.

Class #10617

Class Fee \$68

Section A Ages 3-Pre K
 Section D Ages 4-K

SOCCER GRADES K-2

Tuesday 4:30 – 5:15 PM

Class #10619

Class Fee \$68

Section A Grades K-2

SING ALONG PLAY

Thursday 9:30-10:15 AM
 Come sing along to your favorite songs and make some new friends playing on the gym mats and dancing in the bouncy house!

Class #10632

Class Fee \$67

Section A Walkers to Age 3

SPORTS MANIA

Tuesday 3:45 – 4:30 PM
 Come and play a different sport each week! Team games, dodgeball games, and more. Work your way up to being an All-Star!

Class #10623

Class Fee \$67

Section A Grades K-2

SPORTS SAMPLER

Tuesday 10:00-10:45 AM
 Friday 3:15 - 4:00 PM
 Each week we will discover the fundamentals of a different sport to learn what you may want to play in the future!

Class #10646

Class Fee \$67

Section A Ages 3-Pre-K
 Section B Ages 3-Pre-K

SPORTS AND SPLASH (no diapers please)

Thursday 10:30 - 11:45 AM
 Friday 2:00 - 3:15 PM
 This is an exciting class that will give your little one plenty of exercise. First we'll play in the gym and then suit up for a swim in the pool. Be sure to wear comfortable clothes and pack a bathing suit and towel.

Class #10641

Class Fee \$90

Section A Ages 3- Pre K
 Section B Ages 3-Pre K

SPORTS TOGETHER

Saturday 8:30-9:15 AM
 Start your weekend off right by having some fun in the gym with your little one! We will sample all different sports and games and focus on new skills such as throwing, catching and kicking!

Class #10618

Class Fee \$62

Section A Ages 3-Pre-K

TABLE TENNIS

Friday 4:45-5:30 PM
 Come learn the basics of this great sport! We'll practice techniques, strategies, and have plenty of game play!

Class #10635

Class Fee \$62

Section B Grades 3-5

T-BALL

Thursday 2:15-3:00 PM

Class #10621

Class Fee \$62

Section C Ages 4-K

TENNIS

Tuesday 4:30 – 5:15 PM
 Wednesday 3:45 - 4:30 PM
 Basic skills will be covered. Hayden will provide racquets or children may bring their own.

Class #10622

Class Fee \$62

Section A Grades 1-3
 Section B Grades 2-5

TRACK EVENTS

Thursday 4:45-5:30 PM
 Get to learn all of the different track and field events. Each week we will learn one or two different track events and have a friendly competition.

Class #10628

Class Fee \$62

Section A Grades 3-6

TRIATHLON TRAINING

Wednesday Session 1 only 5:15 - 6:00 PM
 Get your suit, get your shoes and get your bike ready for this total fitness class. Basic triathlon training will help participants to become a tri-sport athlete.

Class #10627

Class Fee \$66

Section A Grades 4-6

ZUMBA

Thursday 1:15-2:00 PM
 Monday 3:30-4:15 PM
 Zumba is a fun, easy to follow workout that will keep you coming back for more!
 Come move and stretch and work on your core balance. A variety of poses and stretches will be used in this class.

Class #10401

Class Fee \$70

Section M Grades 1-5
 Section Grades 6 & Up