

Swim lessons with
4 kids per class!



Junior Academy Winter 2020

Ages 6 months–17 years



EASTERN ATHLETIC

Program

Registration

Registration begins 12noon-8pm Tuesday, November 5th, in person or by phone
Register now, space is limited – classes begin January 15th!

Schedule

15-week program + 1 Make-up (or Bonus Week)

Private Swim Lessons end one week earlier Monday–Saturday.

Sundays	January 19 - May 17	(no class 2/16, 4/12, 4/19)
Mondays	January 20 - May 18	(no class 2/17, 4/13)
Tuesdays	January 21 - May 19	(no class 2/18, 4/14)
Wednesdays	January 15 - May 20	(no class 2/19, 4/8, 4/15)
Thursdays	January 16 - May 21	(no class 2/20, 4/9, 4/16)
Fridays	January 17 - May 22	(no class 2/21, 4/10, 4/17)
Saturdays	January 18 - May 30	(no class 2/15, 4/11, 4/18, 5/23)



Fees

Class fees, except as noted:

Child of Member \$375

Child of non-Member \$450

Payment by check or credit card only, please. No cash accepted. All course fees are to be paid upon registration.

Refunds

Up to 10 days prior to the first class, a full refund less a \$50 cancellation fee will be given. Less than 10 days prior to the first class, a refund of 50% will be given. **No refunds after the first class.**

Make-ups

One make-up is available each session on the 16th week. **No credit is issued for missed classes.**

Guidelines

We reserve the right to cancel any class due to insufficient enrollment and to substitute instructors when necessary.

Please refer to the separate Junior Academy Guidelines for health and safety rules and regulations.

Please note that where possible we ask that children (siblings) not attending class attend Child Care. If not possible, direct supervision by an adult is required.

Locations

Brooklyn Heights (BHC) 43 Clark Street 718 625-0500

Prospect Park (PPC) 17 Eastern Parkway 718 789-4600

easternathleticclubs.com

**ENROLL NOW –
SAVE YOUR SPACE!**
Many classes fill quickly,
reserve now for Winter



Archery **NEW!**

This class will focus on teaching the beginner level skills of the sport of Olympic recurve style archery. Archery will improve juniors' focus, discipline, balance, and patience as well as strength and neuromuscular efficiency.

Safety is always the first and most important factor of each class. Students will always be kept in the safest of environments. The range will be set up in a manner that would keep all participants out of danger.

Tyler Lowther is a Level 2 certified USA Archery coach. He has 7 years of coaching and instructing experience as well as 12 years of experience as a competitive archer in the National Archery Association and as a Varsity archer in the NCAA.

BHC	8–9 years	Tuesday	3.30-4.15pm	Tyler
		Thursday	3.30-4.15pm	Tyler
	10–12 years	Tuesday	4.30-5.15pm	Tyler
		Thursday	4.30-5.15pm	Tyler
	13–16 years	Tuesday	5.30-6.15pm	Tyler
		Thursday	5.30-6.15pm	Tyler



Ballet

Fun does not begin to describe the joy that one can feel while dancing and learning Ballet technique. Dancing is a happy, exhilarating experience. Not only do our Ballet classes develop physical health, they also promote emotional well-being. Children learn to express themselves physically through movement to beautiful music, which provides a creative and positive outlet for them.

Susanne McHugh is a classically trained and highly experienced ballerina. She performed recently with the American Ballet Theater.

Debra Lagano teaches the American Ballet Theater's National Training Curriculum. Debra's students will be invited to perform in a production of *Giselle* in December.

Primary Ballet

This class is an introduction to ballet for boys and girls. Students explore new ways to move and dance while having fun in a creative atmosphere. Children will learn to follow direction, dance with their friends, and transform their ideas and feelings into the exciting language of dance!

BHC	3-6 years	Tuesday	3.30-4.15pm	Susanne
PPC	3-6 years	Tuesday	3.30-4.15pm	Debra

Level 1 Ballet

This class prepares students for the world of dance by introducing the fundamentals of Classical Ballet technique, with emphasis on the fun and enjoyment of movement. The importance of correct body placement and stretching is stressed, as well as presentation and performance skills that will enhance the student's confidence and presence.

BHC	7-12 years	Tuesday	4.15-5.00pm	Susanne
PPC	7-12 years	Tuesday	4.15-5.00pm	Debra

Gymnastics

Tumbling Toddlers

Children are gently introduced to structure as they learn body awareness, socialization skills, and gain confidence through success on age- and skill-appropriate obstacles. Children run, jump, climb, swing, balance, and sing with the continual support of their parent or caregiver and our safety-certified instructors. Limited to 8 per class.

BHC	1–2 years	Monday	10.00-10.45am	Christine
		Wednesday	10.00-10.45am	Staff
	2–3 years	Monday	11.00-11.45am	Christine
		Wednesday	11.00-11.45am	Staff
PPC	1–2 years	Thursday	9.30-10.15am	Izzy
	2–3 years	Thursday	10.30-11.15am	Izzy

Beginner Gymnastics

Newly independent and on their own in class, children learn basic skills and body positions in this progressive pre-school gymnastics program. They develop strength, flexibility, coordination, and self-confidence...a solid foundation for any future sport venture. Limited to 8 per class.

BHC	3–4 years	Monday	3.30-4.15pm	Christine
		Wednesday	3.30-4.15pm	Susanne
	4–5 years	Monday	4.30-5.15pm	Christine
		Wednesday	4.30-5.15pm	Susanne
	6+ years	Monday	5.15-6.00pm	Christine
		Wednesday	5.15-6.00pm	Susanne
PPC	3–4 years	Thursday	3.30-4.15pm	Izzy
	5+ years	Thursday	4.30-5.15pm	Izzy





Group Training

This class provides young people with personal training in a small group environment. Taught by our certified Personal Trainer staff, classes are designed to increase flexibility, stamina, lean muscle mass, and confidence by using cardiovascular exercises and weight training, resulting in improved fitness and strength. Limited to 4 per class.

BHC	10–12 years	Monday	3.30-4.15pm	Artur
		Tuesday	3.30-4.15pm	Brett
		Wednesday	3.30-4.15pm	John
	13–17 years	Monday	4.30-5.15pm	Artur
		Tuesday	4.30-5.15pm	Brett
		Wednesday	4.30-5.15pm	John
PPC	10–12 years	Monday	3.30-4.15pm	Otto
		Thursday	3.30-4.15pm	Otto
	13–17 years	Monday	4.30-5.15pm	Otto
		Thursday	4.30-5.15pm	Otto

Karate

A class designed to help Juniors build focus, confidence, balance, coordination, and strength, as well as practical self-defense skills. Moderate contact will be part of this class.

Sensei Izzy has been training in the martial arts for over 15 years. His foundation being traditional Japanese karate, he has also studied Capoeira, Brazilian JiuJitsu, the Japanese sword styles Kendo, Iaido, and weapons-style Jodo. Sensei Izzy has also competed at international tournaments in Thailand and Japan. He currently holds a third-degree black belt in Kenshikai Karate-do and has been teaching children and adults for over ten years.

At the discretion of the instructor, students may test for a belt up to twice a year (testing fees apply). Uniforms are required and should be purchased from the instructor.

Beginner–Intermediate

PPC 4–7 years Friday 4.30-5.15pm Sensei Izzy Perez

Kickboxing

Kick boxing for kids, a non-contact sport (no sparring), is a fun, energy-intensive way for children to develop a new discipline and hone new skills all while having a great time making friends and having a good time. We stress the importance of safety first by only working on technique which heavily focuses on improving flexibility, posture, and stamina. Limited to 8 per class.

Artur is a certified, qualified instructor with over 20 years of experience in Martial Arts, Soccer and Personal Fitness.

BHC 5–7 years Thursday 3.30-4.15pm Artur
8–10 years Thursday 4.30-5.15pm Artur



Soccer



Our classes focus on ensuring that children are engaged and entertained while learning a wide range of soccer skills including: dribbling, passing, controlling, and changing directions. We teach a balance of exercises and games where children will learn not only the basic rules of soccer, but also the importance of teamwork and sportsmanship. Each class will consist of stretching, warm-up games, and precision exercises that will keep the players constantly engaged while having fun. Limited to 6.

BHC	3–4 years	Tuesday	3.45-4.30pm	Artur
	4–6 years	Tuesday	4.30-5.15pm	Artur
	6–8 years	Tuesday	5.15-6.00pm	Artur

Squash

Clinics

This 16-week program consists of a weekly 45-minute session with a Club Pro teaching proper form, footwork, strategy, and drills. Age and Level guidelines are given for registration purposes; students may be assigned to sections outside of their age range based upon skill level. Limited to 6 per class.

Beginner

BHC	6–9 years	Wednesday	3.45-4.30pm	Auchee
		Saturday	10.15-11.00am	Auchee
	10–12 years	Friday	3.45-4.30pm	Auchee

Intermediate–Advanced

BHC	9–11 years	Monday	3.45-4.30pm	Auchee
		Saturday	9.30-10.15am	Auchee
	12–15 years	Friday	4.30-5.15pm	Auchee
		Saturday	11.00-11.45am	Auchee

Fee \$405 child of Member, \$480 child of non-Member.

Private & Semi-Private Lessons

This 5-week series of 45-minute lessons offers personalized attention. For Semi-Private lessons, students form their own group and register together. Lessons are offered weekdays at 3.45pm, 4.30pm, or 5.15pm for 5 consecutive weeks. No make-ups. Fees are per student.

Jr. Member Rate Junior Membership (which requires a parent be a member) or Junior Squash Membership is needed.

BHC	7–14 years	Private 5 Weeks	Semi-Private* 5 Weeks
Fee	Jr. Member	\$390	\$215
	Non-Member	\$465	\$290

*Students form their own group and register together.



Tennis

Based on the USTA 10&Under Program, our classes offer an exciting and innovative tennis experience guaranteed to keep even the youngest players laughing, learning, and involved. Small racquets (which are provided), foam balls, and short nets give kids more control over the game, adding to an enjoyable time. Limited to 4 per class.

BHC	4+ years	Thursday	3.30-4.15pm	Peter
	5+ years	Thursday	4.30-5.15pm	Peter

Private Lesson Series

These 45-minute lessons offer instruction on technique and strategy with personalized attention. The 5-Week and 16-Week Lessons are for consecutive weeks. For Semi-Private lessons, students form their own group and register together. No make-ups. Fees are per student.

BHC	7-14 years	Weekdays	3.00pm, 3.45pm, or 4.30pm	Peter
Fee		1 Lesson	5 Lessons	16 Lessons
	Private	\$85	\$415	\$1,280
	Semi-Private	—	\$265	\$815





Swim

Please note that to place in a class or to graduate to the next level of instruction, a child must demonstrate the required skills to the satisfaction of the instructor.

Baby & Me 6 months–3 years

Children become comfortable in the water; they learn kicking, blowing bubbles, reaching, holding onto the pool edge, and going underwater. Note: at BHC end time alternates each week with half of the class finishing at 11.40am and half at 11.50am.

BHC	Group 12	Monday	11.00-11.40/50am	Judy	\$395
		Tuesday	11.00-11.40/50am	Judy	\$395
		Wednesday	11.00-11.40/50am	Judy	\$395
		Thursday	11.00-11.40/50am	Judy	\$395
PPC	Group 12	Wednesday	11.00-11.45am	Erick	\$395
		Thursday	11.00-11.45am	Erick	\$395

Child of non-Member \$75 additional.

Swim lessons with 4 kids per class!

Pre-Beginner 2-4 years

Lessons include beginning work on water adjustment skills, bobbing (rhythmic breathing), prone floats, back floats, flutter kicks, glides, and arm movement. Equipment includes kickboards.

PPC Group 4 Monday 11.00-11.45am Erick \$675

Child of non-Member \$75 additional.

Pre-Beginner 3-5 years

Lessons include beginning work on water adjustment skills, bobbing (rhythmic breathing), prone floats, back floats, flutter kicks, glides, and arm movement. Equipment includes kickboards.

BHC Group 4 Monday 3.45-4.30pm Staff \$575

Tuesday 3.00-3.45pm Carmen \$675

3.00-3.45pm Staff \$575

3.45-4.30pm Judy \$675

Wednesday 3.00-3.45pm Staff \$575

3.45-4.30pm Staff \$575

Thursday 3.45-4.30pm Aleksey \$675

3.45-4.30pm Staff \$575

Friday 3.00-3.45pm Staff \$575

3.45-4.30pm Staff \$575

Group 8 Tuesday 4.30-5.15pm Judy \$395

PPC Group 4 Monday 3.45-4.30pm Erick \$675

Tuesday 3.00-3.45pm Staff \$575

3.45-4.30pm Staff \$575

Wednesday 3.45-4.30pm Erick \$675

Friday 3.45-4.30pm Staff \$575

Child of non-Member \$75 additional.

Beginner 4-8 years

Beginner swimmers must be able to perform all Pre-Beginner skills. Lessons include the beginner crawl, changing direction, turning over, leveling off, flutter kick, and arm movements.

BHC Group 4 Monday 3.00-3.45pm Staff \$575

Tuesday 3.45-4.30pm Carmen \$675

3.45-4.30pm Staff \$575

4.30-5.15pm Staff \$575

Wednesday 3.00-3.45pm Staff \$575

3.45-4.30pm Carmen \$675

3.45-4.30pm Staff \$575

Thursday 3.00-3.45pm Carmen \$675

3.00-3.45pm Staff \$575

3.45-4.30pm Carmen \$675

4.30-5.15pm Carmen \$675

4.30-5.15pm Staff \$575

Friday 3.45-4.30pm Staff \$575

Group 10 Monday 3.45-4.30pm Judy \$395

PPC Group 4 Monday 3.45-4.30pm Staff \$575

Tuesday 3.45-4.30pm Erick \$675

Wednesday 3.45-4.30pm Staff \$575

Wednesday 4.30-5.15pm Staff \$575

Thursday 3.45-4.30pm Erick \$675

Thursday 3.45-4.30pm Staff \$575

Friday 3.45-4.30pm Erick \$675

Friday 3.45-4.30pm Staff \$575

Child of non-Member \$75 additional.

Advanced Beginner 6-9 years

Participants must perform Beginner skills. These lessons develop endurance in the crawl stroke, rhythmic side breathing, safety skills, underwater swimming, and elementary backstroke.

BHC	Group 4	Wednesday	4.30-5.15pm	Judy	\$675
			4.30-5.15pm	Carmen	\$675
			5.15-6.00pm	Carmen	\$675
	Thursday	5.15-6.00pm	Staff	\$575	
		Friday	4.30-5.15pm	Staff	\$575
PPC	Group 10	Monday	5.15-6.00pm	Staff	\$575
			4.30-5.15pm	Judy	\$395
	Group 4	Tuesday	3.45-4.30pm	Staff	\$575
			4.30-5.15pm	Staff	\$575
			Wednesday	3.45-4.30pm	Staff
	Thursday	4.30-5.15pm	Staff	\$575	
		3.45-4.30pm	Staff	\$575	

Child of non-Member \$75 additional.

Intermediate 7+ years

Intermediate swimmers should be able to perform Advanced Beginner skills. Lessons expand on the crawl, changing direction, turning over, leveling off, flutter kick, and arm movements.

BHC	Group 4	Tuesday	5.15-6.00pm	Staff	\$575
		Friday	5.15-6.00pm	Staff	\$575
	Group 12	Monday	5.15-6.00pm	Judy	\$395
PPC	Group 4	Wednesday	4.30-5.15pm	Erick	\$675
	Group 12	Monday	4.30-5.15pm	Erick	\$395

Child of non-Member \$75 additional.

Advanced/Competitive 7+ years

A continuation of Intermediate skills plus the basics of Competitive Swim techniques.

BHC	Group 4	Tuesday	5.15-6.00pm	Judy	\$675
		Wednesday	5.15-6.00pm	Judy	\$675
		Thursday	4.30-5.15pm	Aleksey	\$675
			5.15-6.00pm	Aleksey	\$675
PPC	Group 4	Tuesday	4.30-5.15pm	Erick	\$675
		Friday	4.30-5.15pm	Erick	\$675
		Friday	4.30-5.15pm	Staff	\$575
	Group 12	Thursday	4.30-5.15pm	Erick	\$395

Child of non-Member \$75 additional.





Private Lessons 3+ years

A series of 1-on-1 private swim lessons is available with an instructor who helps the student with the basics or improves technique. Private Lessons are 11 weeks with no make-up or bonus classes. Lessons end one week earlier than shown in the Program Schedule.

BHC	Sunday	1.00-1.45pm	Staff	Friday	11.00-11.45am	Staff	
		1.45-2.30pm	Staff		3.00-3.45pm	Aleksey	
	Monday	3.00-3.45pm	Judy	3.00-3.45pm	Staff		
		3.00-3.45pm	Carmen	3.45-4.30pm	Aleksey		
		3.00-3.45pm	Aleksey	3.45-4.30pm	Staff		
		3.00-3.45pm	Staff	4.30-5.15pm	Aleksey		
	Tuesday	3.45-4.30pm	Carmen	5.15-6.00pm	Aleksey		
		Saturday	3.00-3.45pm	Aleksey	12.00-12.45pm	Carmen	
			3.00-3.45pm	Judy	12.00-12.45pm	Aleksey	
			3.45-4.30pm	Aleksey	12.00-12.45pm	Staff	
			4.30-5.15pm	Aleksey	12.45-1.30pm	Carmen	
	4.30-5.15pm		Staff	12.45-1.30pm	Aleksey		
	Wednesday	3.00-3.45pm	Carmen	12.45-1.30pm	Staff		
		3.00-3.45pm	Aleksey	1.30-2.15pm	Aleksey		
		3.00-3.45pm	Staff	1.30-2.15pm	Staff		
		3.45-4.30pm	Aleksey				
3.45-4.30pm		Staff					
4.30-5.15pm		Aleksey					
Thursday	5.15-6.00pm	Aleksey					
	3.00-3.45pm	Aleksey					
	3.00-3.45pm	Staff					
	3.45-4.30pm	Staff					
PPC	Sunday	2.00-2.45pm	Staff	Thursday	3.00-3.45pm	Erick	
		3.00-3.45pm	Staff		3.00-3.45pm	Staff	
	Monday	3.00-3.45pm	Erick	Friday	3.00-3.45pm	Erick	
		3.00-3.45pm	Staff		3.00-3.45pm	Staff	
	Tuesday	3.00-3.45pm	Erick	Saturday	3.00-3.45pm	Staff	
		3.00-3.45pm	Staff				
	Wednesday	3.00-3.45pm	Erick				
		3.00-3.45pm	Staff				
	Fee	Staff Instructor	\$1,325 Member; \$1,400 Non-Member				
		Elite Instructor	\$1,475 Member; \$1,550 Non-Member (Erick, Judy, Carmen, Aleksey)				