

Youth Athletics

Gymnastics 1

Children will engage in a variety of tumbling activities with their parents. Parents and children are to come dressed to roll around on the mats.

- June 4 to July 2
- Tuesdays
- 9:00 AM to 9:45 AM
- Sabana Grande Recreation Center
- Min: 8 Max: 12
- \$40 per session
- Ages 1 1/2 to 3

Gymnastics 2

Children will be introduced to fundamental tumbling skills, balance, coordination and flexibility.

- June 4 to July 2
- Tuesdays
- 10:00 AM to 10:45 AM
- Sabana Grande Recreation Center
- Min: 8 Max: 12
- \$40 per session
- Ages 3 to 5

Gymnastics 3

Children will build on their fundamental gymnastics skills by learning an advanced skill set of gymnastics techniques.

- June 4 to July 2
- Tuesdays
- 11:00 AM to 11:45 AM
- Sabana Grande Recreation Center
- Min: 8 Max: 12
- \$40 per session
- Ages 6 to 12



Gymnastics - Beginning

This is a beginning recreation gymnastics class geared toward school age children. Participants will be introduced to basic skills that will increase their flexibility, strength, and build self-confidence. Call Star Heights at (505) 891-3938 for more information.

- July 18 to August 15
- Thursdays
- 6:30 PM to 7:15 PM
- Star Heights Recreation Center
- Min: 6 Max: 12
- \$40 per session
- Ages 5 to 13

Gymnastics - Intermediate

Participants must have previous experience in gymnastics and be able to do a complete backward roll, cartwheel, and handstand to register for this class. This class will focus on more advanced gymnastic skills.

- July 18 to August 15
- Thursdays
- 7:30 PM to 8:15 PM
- Star Heights Recreation Center
- Min: 6 Max: 12
- \$40 per session
- Ages 7 to 15



Pigskin Players

Pigskin Players is designed to introduce younger children to the basic fundamentals of football. The class is for kids who are not ready to commit to an organization or team, but are looking to have fun while developing basic skills and athletic ability.

- **Session 1** - May 9 to June 6
Thursday
6:00 PM to 6:45 PM
- **Session 2** - May 11 to June 8
Saturday
8:00 AM to 8:45 AM
- **Session 3** - July 6 to August 3
Saturday
10:00 AM to 10:45 AM
- Haynes Park
- Min: 6 Max: 12
- \$45 per session
- Ages 4 to 9



Kourt Kids

Kids will learn valuable skills in dribbling, passing, shooting, and how to play a real game of basketball.

- **Session 1** - May 6 to June 10 (No class on May 27)
Mondays
5:00 PM to 5:45 PM
- **Session 2** - June 12 to July 10
Wednesdays
10:00 AM to 10:45 AM
- **Session 3** - July 23 to August 20
Tuesdays
Class 1 - 5:00 PM to 5:45 PM
Class 2 - 6:00 PM to 6:45 PM
- **Session 4** - August 1 to August 29
Thursdays
6:00 PM to 6:45 PM
- Haynes Park Basketball Courts
- Min: 8 Max: 12
- \$45 per session
- Ages 4 to 9



Kourt Kids 2 Point

Taking it to the next level! More drills, more skills, and more play to get you ready for our Youth Basketball League. For those of you who have taken our Kourt Kids program, this might be for you.

Registration deadline is one week before the course begins.

- June 3 to July 1
- Mondays
- 10:00 AM to 10:45 AM
- Haynes Basketball Courts
- Min: 6 Max: 12
- \$45
- Ages 5 to 9



Rising Stars Youth Basketball Clinic

Polish your dribbling, passing and shooting skills with this 4-week, (75 minutes per session) Youth Basketball Clinic. This clinic is for intermediate and experienced players. There will be a different "guest coach" for each session, along with Coach Ray, to teach you everything you need to know about the game of basketball.

- June 12 to July 3
- Wednesdays
- 6:30 PM to 7:45 PM
- Haynes Basketball Courts
- Min: 15 Max: 60
- \$40 (T-shirt included)
- Ages 8 to 12



Youth Athletics

Little Kickers

Each week, children will focus on different skills and drills of soccer. Skill development and fun are our goals. The session will end with an organized scrimmage among the players.

- **Session 1** - April 30 to May 28
Tuesdays
5:00 PM to 5:45 PM
- **Session 2** - May 1 to May 29
Wednesdays
6:00 PM to 6:45 PM
- **Session 3** - May 9 to June 6
Thursdays
5:00 PM to 5:45 PM
- **Session 4** - May 11 to June 8
Saturdays
9:00 AM to 9:45 AM
- Haynes Park, Roskos Field
- Min: 8 Max: 14
- \$45 per session
- Ages 4 to 9



- **Session 5** - June 11 to July 9
Tuesdays
6:00 PM to 6:45 PM
- **Session 6** - June 20 to July 25
(No class July 4)
Thursdays
6:00 PM to 6:45 PM
- **Session 7** - July 6 to August 3
Saturdays
9:00 AM to 9:45 AM
- **Session 8** - July 8 to August 5
Mondays
9:00 AM to 9:45 AM
- **Session 9** - July 24 to August 21
Wednesdays
6:00 PM to 6:45 PM

Black Belt Taekwondo for Kids

Join us for training in the ancient martial art of Taekwondo taught by Master Swart. Sessions include building confidence, self-discipline, and balance in mind and body.

- **Session 1** - May 1 to May 24
- **Session 2** - June 5 to June 28
- **Session 3** - July 5 to July 31
- Wednesdays and Fridays
- 6:00 PM to 7:00 PM
- Sabana Grande Recreation Center
- Min: 8 Max: 50
- \$50
- Ages 5 to 18



Little Kickers 2: Next Step

Here it is, the next step in soccer skills. For those who have taken the Little Kickers class previously with us, we now offer an advanced class with tougher skills and drills to learn.

- June 3 to July 1
- Mondays
- 9:00 AM to 9:45 AM
- Haynes Park, Roskos Field
- Min: 8 Max: 14
- \$45 per session
- Ages 5 to 9



Little Chippers

This class is designed to introduce children to the game of golf at their level. The class will focus on grip, stance, swing, and game play. All equipment will be provided.

- **Session 1** - May 1 to May 29
Wednesdays
5:00 PM to 5:45 PM
- **Session 2** - June 11 to July 9
Tuesdays
5:00 PM to 5:45 PM
- **Session 3** - June 12 to July 10
Wednesday
5:00 PM to 5:45 PM
- **Session 4** - June 20 to July 25
(No class July 4)
Thursdays
5:00 PM to 5:45 PM



- **Session 5** - July 6 to August 3
Saturdays
8:00 AM to 8:45 AM
- **Session 6** - July 24 to August 21
Wednesdays
5:00 PM to 5:45 PM
- Haynes Park, Roskos Field
- Min: 8 Max: 12
- \$45 per session
- Ages 4 to 9

Little Sluggers

Little Sluggers is designed to give children an introduction to the game of baseball. All equipment is provided.

- **Session 1** - April 30 to May 28
Tuesdays
6:00 PM to 6:45 PM
- **Session 2** - May 11 to June 8
Saturdays
10:00 AM to 10:45 AM
- **Session 3** - June 17 to July 15
Mondays
5:00 PM to 5:45 PM
- Haynes Park, Roskos Field
- Min: 8 Max: 12
- \$45 per session
- Ages 4 to 9

Little Sluggers 2

Here it is, the next step in baseball skills. For those who have taken the Little Sluggers class previously with us, we now offer an advanced class with hitting overhand pitching, catching fly balls, getting ground balls hit to you, taking infield practice, and making throws to each base.

- June 17 to July 15
- Mondays
- 6:00 PM to 6:45 PM
- Haynes Park, Roskos Field
- Min: 8 Max: 12
- \$45 per session
- Ages 4 to 9



Little Rackets

This program is designed to give your child an introduction to the sport of tennis. They will learn basic tennis skills.

- **Session 1** - May 6 to June 10
(No class May 27)
Mondays
6:00 PM to 6:45 PM
- **Session 2** - June 12 to July 10
Wednesdays
9:00 AM to 9:45 AM
- Haynes Park Tennis Courts
- Min: 4 Max: 12
- \$45 per session
- Ages 4 to 6



Beginner Archery 1

Basics of archery will be taught in this class including safety, equipment, rules, and form. Classes are taught by certified USA NTS Instructor. The max distance shot in this beginner class is 9 meters.

- **Session 1** - May 7 to June 11 (No class May 28)
- **Session 2** - June 25 to July 23
- Tuesdays
- 5:00 PM to 6:15 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 20
- \$75 per session
- Ages 9 and up

Explore Archery Club

After you have completed the requirements, join this fun club to hone your skills for the next level of shooting. You will need to see the archery instructor to be signed off.

Consistency in shot and form are needed for this fast paced program. Opportunity to earn ranking tags in form, accuracy, skill level, and more. New challenges will be addressed each week along with competitions to push you to the next level. Prefer student has own equipment, but some equipment is available for class time.

- May 7 to July 23 (No class May 28 or June 18)
- Tuesdays
- 6:30 PM to 8:00 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 20
- \$175
- Ages 9 and up

