

Sports and Wellness

Learn to Skate Tot Lessons

8 week sessions	\$105 Primary
	\$95 Additional
6 week sessions	\$85 Primary
	\$80 Additional

Winter Session (8 weeks)

Day	Time	Ages
<u>Wednesday</u>	10-10:45am	Ages 3-5
January 5, 12, 19 & 26 February 2, 9, 16 & 23		
<u>Thursday</u>	10-10:45am 1-1:45pm	Ages 3-5
January 6, 13, 20 & 27 February 3, 10, 17 & 24		

Spring #1 Session (8 weeks)

Day	Time	Ages
<u>Wednesday</u>	10-10:45am	Ages 3-5
March 2, 9, 16, 23 & 30 April 6, 13 & 20		
<u>Thursday</u>	10-10:45am 1-1:45pm	Ages 3-5
March 3, 10, 17, 24, 31 April 7, 14 & 21		

Spring Session # 2 (6 weeks)

Day	Time	Ages
<u>Thursday</u>	1-1:45pm	Ages 3-5
April 28, May 5, 12, 19, 26 June 2		

Additional Programs

Ice Skating

Body Zone offers Learn to Skate, Learn to Play Hockey and more on-ice programming in addition to public skating. Visit us on the web or call 610.376.2100 ext 234 for more information.

Aquatics

Fall Session I Swim School begins Sept. 7th—Oct. 23rd. Fall Session II Swim School begins Nov. 2nd—Dec. 18th. Call 610.376.2100 ext. 224 for more information.

Speed & Agility Training (Ind. & Team)

Sport training is available for ages 10 thru adult. Training will include exercises that use balance, coordination, and other advanced levels of exercise to develop and enhance an individual's or team's performance.

Director of Sports

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Director of Hockey

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Director of Skating Programs

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Learn to Skate 2010-2011



Learn to Skate

Body Zone is proud to offer a Learn to Skate program for all ages and abilities! LTS is designed in conjunction with the United States Figure Skating Basic Skills Program. The program is designed to be fun, challenging and rewarding. Whether your goal is to simply improve existing skills, move on to competitive figure skating, or to join a hockey league, this program is for you! Skating lessons are a great way to learn the basic elements of skating while enjoying physical fitness and having fun. Students are grouped according to age and ability. Helmets (bicycle, ski or ice hockey) are required for skaters under the age of seven. Loose fitting, warm clothes and gloves are recommended.

Learn to Skate Group Lessons

8 week sessions \$135 Primary
 \$115 Additional

6 week sessions \$105 Primary
 \$95 Additional

Fall Session # 1 (8 weeks)

Day	Time	Ages
<u>Wednesday</u>	5:15-6:15pm	Ages 5+
September 8, 15, 22, 29 October 6, 13, 20 & 27		
<u>Saturday</u>	9:30-10:30am	Ages 5+
September 11, 18, 25 October 2, 9, 16, 23 & 30		

Fall Session #2 (6 weeks)

Day	Time	Ages
<u>Wednesday</u>	5:15-6:15pm	Ages 5+
November 3, 10, 17 December 1, 8 & 15		
<u>Saturday</u>	9:30-10:30am	Ages 5+
November 6, 13, 20 December 4, 11 & 18		

Winter Session (8 weeks)

Day	Time	Ages
<u>Wednesday</u>	5:15-6:15pm	Ages 5+
January 5, 12, 19, 26 February 2, 9, 16 & 23		
<u>Saturday</u>	9:30-10:30am	Ages 5+
January 8, 15, 22, 29 February 5, 12, 19 & 26		

Spring Session # 1 (8 weeks)

Day	Time	Ages
<u>Wednesday</u>	5:15-6:15pm	Ages 5+
March 2, 9, 16, 23, 30 April 6, 13 & 20		
<u>Saturday</u>	9:30-10:30am	Ages 5+
March 5, 12, 19, 26 April 2, 9, 16 & 23		

Spring Session # 2 (6 weeks)

Day	Time	Ages
<u>Wednesday</u>	5:15-6:15pm	Ages 5+
April 27, May 4, 11, 18, 25 June 1		



Learn to Skate Tot Lessons

Fall Session # 1 (8 weeks)

Day	Time	Ages
<u>Wednesday</u>	10-10:45am	Ages 3-5
September 8, 15, 22, 29 October 6, 13, 20 & 27		
<u>Thursday</u>	10-10:45am 1-1:45pm	Ages 3-5
September 9, 16, 23, 30 October 7, 14, 21 & 28		

Fall Session (6 weeks)

Day	Time	Ages
<u>Wednesday</u>	10-10:45am	Ages 3-5
November 3, 10 & 17 December 1, 8 & 15		
<u>Thursday</u>	10-10:45am 1-1:45pm	Ages 3-5
November 4, 11, 18 December 2, 9 & 16		

8 week sessions \$105 Primary
 \$95 Additional

6 week sessions \$85 Primary
 \$80 Additional

8/16/2010

