

## PLAYERS HOLIDAY BASKETBALL

Boys and girls can develop and refine their basketball skills in a fun, relaxed atmosphere. This program uses drills and scrimmage games to improve each player's individual and team basketball skills. Game strategy is also covered. Focus is on individual improvement. Basketball experience not required.

GRADES: 3rd-8th

INSTRUCTOR: Brendan Chase

DAY/TIME: Monday, 7:30-8:30pm

LOCATION: OCC Gym

FEE: \$48 (\$51 NR) session

### GRADES 3RD-5TH

DAY/TIME: Mon, 7:30-8:30pm

SESSION DATE: May 10-June 21

No class May 31

### GRADES 6TH-8TH

DAY/TIME: Wed, 7:30-8:30pm

SESSION DATE: May 12-June 16

## COMPETITIVE OFF SEASON BASKETBALL TRAINING

This training is a high intense training program that will not just challenge your basketball skills but agility, balance, and conditioning. The four week program will go two days a week with one day of agility and balance training and a second day of fast pace basketball training. This will get any basketball player to the next level in their basketball game. Other grades allowed to participate with permission from the coach.

GRADES: 6th-8th

INSTRUCTOR: Brendan Chase

LOCATION: Orangevale Comm. Center

FEE: \$48 (\$51 NR) session

DAY/TIME: Tue & Thu, 5-6pm

SESSION DATE: July 14-Aug 6

## YOUTH GOLF

A fun and informative children's golf class for ages 7 and up. Your child learns the rules of golf, course etiquette, how to use irons, and the how-to's of chipping and putting. Clubs will be provided if needed. Fee includes one bucket of balls at each class.

AGE: 7+

INSTRUCTOR: Mike Griggs, PGA pro

DAY/TIME: Saturday / 9-9:45am

LOCATION: Sunrise Golf Course, 6412 Sunrise Blvd. (North of Greenback)

FEE: \$29 (\$32 NR)

SESSION DATE: July 10-31

## AIKIDO FOR YOUTH

Aikido is a non-competitive martial art for all ages. The primary focus in this program is self-defense and self-discipline. Yoshinkan Aikido allows each student to train at their own pace, without pressure, in a safe and fun environment.

INSTRUCTOR: Steven Miranda

LOCATION: Orangevale Youth Center

AGES 8-13: Tue & Thu, 6:30-7:30pm **and** Sat, 8:30-9:30am

FEE: \$35 (\$38 NR) per month

\$90 (\$93 NR) for 3 months

**Special introductory offer:** 3 months for \$55 (\$58 NR) for new students only!

**Family Special:** First person full price, each additional youth family member \$25 (\$28 NR) per month.

Session 1 May 4-29

Session 2 June 1-29

Session 3 July 1-31

Session 4 August 3-31

No classes on holidays

## BEGINNERS FENCING

Fencing, the art of swordsmanship, has been practiced for centuries. The sport develops your flexibility, strength, and speed. It is the fastest martial sport of them all and it's FUN! Fencing is great for all ages and levels of athletic ability. Learn good sportsmanship and self-discipline in this monthly class. Fencing equipment provided. Wear comfortable clothes and tennis shoes.

AGE: 7+

INSTRUCTOR: Kris Hristov

DAY/TIME: Wednesday, 4-5pm

LOCATION: Hristov Fencing Club, 6028 San Juan Ave, Citrus Heights

FEE: \$65/session (\$68 NR)

Session 1 May 5-26

Session 2 June 2-23

Session 3 July 7-28

Session 4 August 4-25

No classes on holidays



## SA SHOTOKAN KARATE

This Japanese style of karate provides students a healthy balance between physical exercise and mental discipline. This results in improved coordination, focus, and self confidence. This class accommodates all student levels from beginner to black belt. Each new student will be supplied a Gi to wear in class.

AGES: 6+

INSTRUCTOR: Sensei Adriaan Van Vuuren

LOCATION: Orangevale Grange Hall, 5807 Walnut Ave, Orangevale

FEE: \$50 (\$53 NR)/session

**Special introductory offer:** 3 months for \$60 (includes "Gi") for new students only!

**Family Special:** First person full price, each additional family member \$40 per month.

**Continuing Student Special:** \$125 for 3 mo/\$95 for 3 mo additional family member (same household).

DAY: Tue & Thu

LEVEL/TIME:

Beginner 5:30-6:15pm

Yellow/Orange 5:30-6:30pm

Green/Blue 5:45-6:45pm

Purple/Red 5:45-7pm

Brown/Black 5:30-7:30pm

Session 1 May 4-27

Session 2 June 1-29

Session 3 July 1-29

Session 4 August 3-31

## **New!** BEGINNING

### SA SHOTOKAN KARATE

Want to learn Karate? Then check out this class especially for beginners. Class teaches fundamental karate movements while improving coordination, focus, and self confidence. Each student is supplied a Gi to wear in class.

AGES: 6+

INSTRUCTOR: Sensei Adriaan Van Vuuren

DAY/TIME: Mon / Wed, 4:15-5pm

LOCATION: Orangevale Youth Center

FEE: \$50 (\$53 NR)/session

**Special introductory offer:** 3 months for \$60 (includes Gi) for new students only!

Session 1 May 3-26

Session 2 June 2-30

Session 3 July 7-28

Session 4 August 2-30

No classes on holidays - 5/31 & 7/5

Does your child want to learn to play soccer, just for the fun of it? Then try Just4Kicks. Classes are offered by grade level in this 8 week session. Each class includes warm-up, skill introduction, demonstration, practice of the skill, and play in recreational games. Emphasis is on learning and having fun. Shin guards are mandatory after the first class. For more info visit: [j4kicks.net](http://j4kicks.net) Rain Out Hotline is (916) 359-6681.

DAY/TIME: Thursdays

LOCATION: Orangevale Community Center Soccer Field

FEE: \$72 (\$75 NR)

DATE: July 8-Aug 26

### PRE K SOCCER • 3.5-4 YRS

Three and four-year-olds explore the game of soccer by learning fun soccer ball drills (i.e. dribbling, passing) and how to play soccer with other children.

Session 1 8:30-9am

Session 2 6:15-6:45pm

### K SOCCER • 4-5 YRS

Recreation games guide learning through play. Skills and drills will begin to make the game of soccer come together for your Kindergartner.

Session 1 9-9:35am

Session 2 6:45-7:20pm

### K-1 SOCCER • 5-6YRS

Players work their skills by utilizing a practice method of game play. Sportsmanship, fun, and knowledge of soccer are increased in this class for kindergarten and first graders.

Session 1 9:35-10:20am

Session 2 7:20-8:05pm

### GRADES 2-6 SOCCER • 7-12 YRS

Passing, shooting, dribbling, GOAL! Emphasis is on putting it all together—skills, strategy, sportsmanship, & team play. Learn offense and defense through scrimmages in small sided game format.

Session 1 10:20-11:20am

Session 2 5:15-6:15pm