

Gymnastics / Youth Sports

Gymnastics

We offer a wide variety of classes for all ages. We start with the 3 and 4 year olds in our tiny tumblers class which gives the kids an introduction into the exciting world of gymnastics. Next level is the beginners for ages 5+ and they learn the basic gymnastic skills in Olympic events. As the children progress and are able to perform certain skills, they will be allowed into either the introduction to advanced or advanced 1 & 2 classes. We emphasize a FUN and SAFE environment for everyone.

Special Note: Parents are not allowed in the instruction area, it is very distracting to our gymnasts. You may wait in the lobby or leave the building.

Location: Alexander Community Center (Gym) and Multi-Purpose Room

Class Limit: 25 per class

A second child discount is available for all gymnastics classes (excluding private lessons)



SESSION I (SATURDAYS):

Start Date: January 19th

End Date: February 23rd

Of Classes: 6

3 YEAR OLDS

Times: 9:00-10:00am [6598]

Resident Fee: \$30

Non-Resident Fee: \$50

4 YEAR OLDS

Time: 10:00-11:00am [6599]

Resident Fee: \$30

Non-Resident Fee: \$50

BEGINNERS

Times: 11:00am-12:00pm [6600]

12:00-1:00pm [6601]

Resident Fee: \$36

Non-Resident Fee: \$56

JUST A BACK HANDSPRING

*Must be able to do a round-off and a solid bridge before entering class

Times: 12:00-1:00pm [6602]

Resident Fee: \$36

Non-Resident Fee: \$56

INTRO AND ADVANCED LEVELS 1&2

*Need permission from gymnastics supervisor to register

Times: 1:00-2:30pm [6603]

Resident Fee: \$42

Non-Resident Fee: \$62

SESSION II (TUESDAY OR THURSDAY):

Start Dates: March 5th or 7th

End Date: May 28th or June 6th

Of Classes: 12

3 & 4 YEAR OLDS

Days & Times: Tuesday 4:30-5:30pm [6606]

Resident Fee: \$60

Non-Resident Fee: \$80

BEGINNERS

Days & Times: Tuesday 5:30-6:30pm [6607]

Resident Fee: \$72

Non-Resident Fee: \$92

Thursday 5:00-6:00pm [6608]

Resident Fee: \$72

Non-Resident Fee: \$92

INTRO & ADVANCED 1 & 2

*Need permission from gymnastics supervisor to register

Days & Times: Thursday 5:45-7:15pm [6609]

Resident Fee: \$84

Non-Resident Fee: \$104

You can also try one of our specialized classes or if you want 1-on-1 instruction you can sign up for private lessons.

PRIVATE LESSONS

Please call Lisa Miller at 897-7207 ext. 6668 to set up an appointment.

Fee: \$17/hour payable at door or \$14/hour if you are a current gymnastics participant

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Start Smart Basketball

Start Smart Basketball teaches children (ages 3-6) the basic motor skills necessary to play organized basketball while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents skills in dribbling/ball handling, passing/catching, shooting and running/agility without the threat of competition or the fear of getting hurt. Class is held once a week for 10 weeks, and each week the exercises become increasingly more difficult as the class progresses and the children show improvement.

Note: Each child receives a mini basketball, a soft bounce basketball, four cones, one jersey and a participant's manual.

Start: Thursday, January 17
End: Thursday, March 21
Days/Times: Thursdays, 4:30-5:30pm
Location: Alexander Community Center
Ages: 3-6 years with parent/guardian
Resident Fee: \$75 (\$43 without kit)
Non-Resident Fee: \$90 (\$53 without kit)
Program Supervisor: Victor Nosal

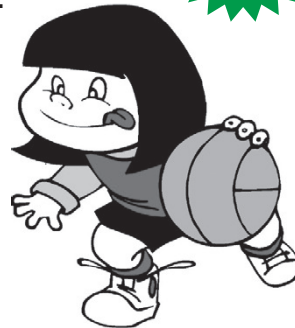
Please see Page 3 for Insurance Details

Youth Basketball

Come join us in our fun-filled classes consisting of segments on fundamentals, techniques, and scrimmage play. All classes will be directed by a fully-certified recreational coaching staff.

Start: Tuesday, January 15
End: Tuesday, March 19
of Classes: 10
Days/Times: Tuesdays, 4:30-5:30pm
Location: Alexander Community Center
Ages: 7-12 years
Resident Fee: \$60
Non-Resident Fee: \$80
Program Supervisor: Victor Nosal

Please see Page 3 for Insurance Details



NEW- Indoor youth Tennis

This class offers children ages 10 and under a chance to try out tennis. Our instructors will follow the USTA guidelines for instructing. We do have rackets available to borrow.

Start Date: May 4th
End Date: May 25th
Ages: 5-10
Day/Time: Saturday from 10:00-11:00am
Location: Alexander Community Center Gym
Resident Fee: \$16
Non-Resident Fee: \$24

Cheektowaga Soccer Club

Cheektowaga Soccer Club 2019 Indoor Winter House session at Epic Center. Includes pizza banquet party.

Contact Ed Blasak with questions at: (716) 228-5086 or eblasak@gmail.com.

Register at: <http://www.cheektowagasoccerclub.com>.

Start: January 19
End: March 9
Days/Times: Games played Saturday afternoons with midweek practices.
Location: Epic Center
Ages: 4-13 years

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START SMART SOCCER

Session dates & sign-ups are the same as Youth Soccer!

Start Smart Soccer is a developmentally appropriate introductory program for children 3-5 years old. The program prepares children for organized soccer in a fun, non-threatening environment. Start Smart prepares children and their parents for organized soccer without the threat of competition or the fear of getting hurt.

WHO? Children ages 3-5 (Parents participate with kids)

WHEN? Both sessions will host two groups of 15 participants in each group. Seven 45 minute sessions. First field time will be given at sign-up. The remaining 6 sessions will be given at the first field time. All participants should show up at the Cheektowaga Soccer Field in Cheektowaga Town Park.

FEE? **Resident Fee:** \$75, *No 2nd child discount*
Non-Resident Fee \$90 *No 2nd child discount*

Program Supervisor: Melisa Petre
WHAT YOU WILL RECEIVE? Start Smart Soccer Kit which includes: Start Smart Participants Manual, one Koosh (size 3) soccer ball, one Set Kwick Goal Youth shin guards & four Soccer cones

WHAT YOU NEED? Sneakers, shorts & water bottle.

Please see Page 3 for Insurance Details

Outdoor Youth Soccer

A recreational co-ed house league focused on providing all youth an opportunity to learn, participate in and enjoy the sport of soccer. Our standards include development of skills, good sportsmanship, equal field time, respect, adherence to rules and energy-filled, enjoyable practice and game sessions.

Session I: Spring 2019 (May 1 – June 22)

Sign-Up Dates:

Saturday	January 5	9:00am-12:00pm
Tuesday	April 2	6:00pm-9:00pm
Saturday	April 6	10:00am-2:00pm
Wednesday	April 10	6:00-9:00pm
Saturday	April 13	10:00am-2:00pm
Monday	April 15	6:00-9:00pm

Session II: Summer 2019 (July 7 – August 25)

Sign-Up Dates:

Saturday	June 1	9:00am-12:00pm
Monday	June 3	6:00-9:00pm
Saturday	June 8	11:00am-3:00pm
Tuesday	June 11	6:00-9:00pm
Saturday	June 15	11:00am-3:00pm

***All sign-ups will be held at the Cheektowaga Recreation Center Arena**

To draft our teams and process our paperwork, the last day sign-ups will be accepted for Session I is April 23. NO EXCEPTIONS!

Drafts:

Session I Friday & Saturday, April 19 & 20
Session II Wednesday, Thursday & Friday, June 19-21

Individual draft times for each session will be given out at all registration dates.

Age groups:

OUTDOOR Mite (4-6 yr)
Squirt (7-9 yr)
Peewee (10-12 yr)
Midget (13-17 yr)

Please see Page 3 for Insurance Details



All youth divisions are Co-ed. All youth divisions receive one game and one practice per week. All outdoor field times are held at the outdoor soccer field in Cheektowaga Town Park.

Fees for each of these sessions are as follows:

Resident Fee \$65 per child, per session

Non-Resident Fee: \$80 per child, per session

IMPORTANT NOTE: there is no 2nd child discount!