



## Tumble Tots

Try out tumbling for the first time or continue developing your tumbling skills in this fun filled program. Children will learn basic tumbling skills such as cartwheels, front rolls, and hand stands. Fun songs will be incorporated into stretching and basic movements. This class will not use bars or vault. Please bring own water bottle.

Instructor: BTPD Staff  
Age(s): 4-6 years  
Date(s): Tuesdays & Thursdays, January 10 - 24  
Time(s): 4:00-4:45 p.m.  
Location: Recreation Station  
Fee: Residents \$30/Non-Residents \$36  
Min/Max: 4/10  
Prog. Number: 311412-A

## Little Hoopsters

This is a great way to prepare your 4-year-old for next year's Youth Basketball League. This program is designed to build a foundation of basketball fundamentals and knowledge needed to start improving their game. Participants will learn how to dribble, pass, shoot, defend, team concepts and the basic rules of basketball. Your child can look forward to fun games and scrimmages. Parents are always welcome to participate! All participants will receive an award upon completion of this five week program.

Instructor: BTPD Staff  
Age(s): 4-6 years  
Date(s): Saturdays, January 28 – February 25  
Time(s): 9:00-9:45 a.m.  
Location: Recreation Station  
Fee: Residents \$30/Non-Residents \$36  
Min/Max: 10/20  
Prog. Number: 311413-A

## Basketball Cheerleading

Get ready to show off your cheerleading abilities in front of a crowd! Basketball Cheerleading will give participants the chance to put on halftime performances at eight Youth Basketball games. This program does not require previous cheerleading experience. Participants will practice once a week and perform once a week. All participants will receive a shirt.

Instructor: BTPD Staff  
Age(s): 5-10 years  
Date(s): Practices begin week of January 9  
Location: Recreation Station  
Fee: Residents \$60/Non-Residents \$70  
Min/Max: 6/15  
Prog. Number: 5-7 years - 221440-A  
8-10 years - 221440-B

## Children's Martial Arts Confidence Course

This six week program will help to instill self-confidence through the method of the Korean Martial Art of Soo Bahk Do. Under the direction of the 6<sup>th</sup> degree black belt and Certified Master Instructor Steven Lemner, children will learn personal discipline and the basics of this Martial Art.

Instructor: Steve Lemner  
Age(s): 5-12 years  
Date(s): Tuesdays, January 17 - February 21  
Time(s): 4:30-5:30 p.m.  
Location: Lemners Soo Bahk Do Studio  
485 W Broadway, Bradley  
Fee: Residents \$47/Non-Residents \$56  
Min/Max: 10/30  
Prog. Number: 321401-A

## Zumbatomic

Designed exclusively for kids, Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym for themselves, for their kids, for a totally fun family experience.

Instructor: Tara Wells  
Age(s): 4-12 years  
Date(s): Wednesdays, January 18 - February 22  
Time(s): 6:00-6:30 p.m.  
Location: Recreation Station  
Fee: Residents \$25/Non-Residents \$30  
Min/Max: 6/25  
Prog. Number: 321809-A

## Recreational Volleyball League

Register today to be a part of this exciting new Recreation Volleyball League. Participants will develop volleyball skills, teamwork and sportsmanship in this new league. All teams will receive three practices before their first game. Teams will practice on Tuesday nights and play games on Wednesday nights at the Hidden Cove Sportsplex. Volunteer coaches are welcome and always needed. Space is limited, so please register today!

Age(s): 4th-7th Grades  
Date(s): Practices begin Tuesday, January 3rd  
Time(s): Schedules will be provided by the coaches after registrations close and the coaches meeting has taken place  
Location: Hidden Cove Sportsplex  
Fee: Registration Deadline is December 7  
Residents \$80/Non-Residents \$90  
Min/Max: 24/60  
Prog. Number: 4th & 5th Grade – 221445-A  
6th & 7th Grade – 221445-B