

# Winter 2011

## For Kids Only at The Sports Club/LA Children's Enrichment Schedule • January 9th – March 25th

Members and non-members welcome. Registration is now open.  
Classes will not be held February 20th – 26th.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mandarin Cube 12:15 – 1:00pm 1.5 – 2yrs.	Tummies, Tumbles & Tunes 12:15 – 12:45pm 3 – 9mos.	Precious Picassos Art 12:15 – 1:00pm 6 – 18mos.	Baby Love Yoga 11:15am – 12:00pm 3mos. – almost crawling	Busy Babies Yoga 11:30am – 12:15pm almost crawling – 24mos.	Spanish ABC's 9:15 – 10:00am 4yrs.+	Splish-Splash with Mom n' Pop Group Swim 11:00 – 11:30am 1 – 2yrs.
Barefoot Ballet 3:30 – 4:15pm 3 – 5yrs.	Mandarin Cube 3:30 – 4:15pm 3 – 5yrs.	Little Hands Art Class 3:30 – 4:15pm 3 – 5yrs.	Fishy Feet Group Swim 3:30 – 4:15pm 4 – 6yrs.	Tumblin' Time! 4:15 – 5:00pm 5yrs.+	Mom, Pop, n' Me Swim 10:30 – 11:00am 3 – 12mos.	Fishy Feet Group Swim 11:40am – 12:15pm 2.5 – 4yrs.
Tiny Toes Ballet 4:30 – 5:15pm 3 – 5yrs.	Tumblin' Tuesdays 4:30 – 5:15pm 2.9 – 4yrs.	Little Dragons 4:00 – 4:45pm 3 – 4yrs.	Little Lion Yoga 4:30 – 5:15pm 2.5 – 4yrs.	Little Dragons 4:00 – 4:45pm 5yrs.+		
	Mindful Warriors Yoga 4:30 – 5:15pm 5yrs.+	Tiny Trees Yoga 4:30 – 5:15pm 3 – 5yrs.	Music Makers 4:30 – 5:15pm 3yrs.+	Movie Night 3:30 – 8:00pm 1yrs.+		

### For Kids Only Drop-Off Hours & Descriptions

\*Reservations for the following are required. Please do so by calling 617.375.8543.

#### 6mos. – 12yrs.: 2 hours max

Monday – Sunday 8:30am – 1:30pm  
Tuesday & Thursday 1:30 – 5:30p  
Monday & Wednesday 3:30 – 7:00pm  
Fridays 3:30 – 8:00pm for Movie Night

#### Infants 3 – 6mos.: 1.5 hours max

Tuesday & Thursday 8:30am – 1:30pm  
Monday & Wednesday 3:30 – 7:00pm

#### Stay n' Play (Date)

Monday – Thursday 3:30 – close (ONLY)

**Drop-Off:** For Kids Only, a "Club within the Club," children are well cared for in our fun and stimulating environment. Through arts & crafts, music, free play, socialization, pictures, books, creative dramatics, and imaginative toys and materials, the children will exercise their minds and bodies while you do the same. Drop-off is \$9 per hour for single child or for additional children \$8 per hour per child. Non-member children rate is \$10 per hour per child.

**Stay n' Play (Date)** is not for drop-off, but a great opportunity for you and your child to become more comfortable together with the FKO room, atmosphere, teachers, and other children and parents. It is also a great option for a play date! Coordinate with other parents/caretakers to meet at FKO to have some fun with the kids in the afternoon! Stay n' Play is \$10 per child per visit (flat rate).

**Movie Night** is every Friday night! 4:00 – 5:00pm is arts & crafts, the movie starts at 5:00pm, and dinner is served at 5:30pm sharp! Make sure you make your reservation and order your dinner by Thursday at 3:00pm to reserve your ticket. Then take this Friday night and get in some YOU time! The kids are safe in FKO so get in a workout, visit the SPA or Salon Marc Harris, have a dinner date at Blu, go see a Movie next door, or just enjoy being kid free for a few extra hours! Drop-off for up to 4 hours. Coordinate with other parents and make it a play date for the kids in FKO AND a playdate for parents somewhere else in the building! Movie Night is \$10 per hour/ \$5 per hour per additional child + cost of meal.

### Special Notes:

For 10 week programs (excluding movie night and swim):  
Members: \$200; drop-n \$20, non-members \$220; drop-in \$25

A 30-min. early drop off, or 1-hr. extended play is available for  
\$20 for Members, \$25 for non-members.

To register for Super Soccer Stars classes please visit  
supersoccerstars.com or call 781.777.7171.



"It's a Club within a Club for Children"

# Winter 2011 Program & Class Descriptions

## Parent and Baby Classes

**Mom, Pop n' Me/Splish-Splash Group swim** focuses on acclimating babies to the water, by instructing parents on the best ways to hold, introduce and play with babies in the water in a way to create fun learning experiences, balancing the challenge and support needed to foster early swim development. Incorporating songs, techniques and toys to achieve this goal, and allow families time to practice on their own, while providing structure, feedback and advice to best enhance baby's progress. Class is held in the pool. Please check with your pediatrician if your baby is ready for the water. Swim diapers are required and no cameras are allowed in the pool area. Location: Pool.

**Tummies, Tumbles, & Tunes** is a great opportunity for moms and their babies to get together, laugh, play, adore, and help their baby to learn and grow. Using simple toys and books to get baby's attention, mommies can help to encourage building that core strength to sit up, roll from tummy to back, and get lots of giggles out of the little ones. Location: FKO area.

**Precious Picassos Art** is a perfect occasion to make a mess with your baby just for fun! Using their fingers and toes, paint and other fun art materials, the fun won't stop for baby and you can create a piece of artwork made by you and your baby to keep forever. They'll be artists without even fully developing all of their motor skills and look absolutely adorable while you help them do it! Location: FKO area.

**Baby Love/Busy Baby Yoga** is just as it sounds. Babies will pose on their bellies, backs, or in mommy's arms. What better way to love your baby and cherish their developing personalities than in a calm and relaxing atmosphere while getting to know and supporting other mommies as well. Through breathe and leisure techniques, engaging in this special mommy and me time with help with sleeping and bring you closer than ever to your little bundle of love. Location: Fire or Water Studio.

## Fun n' Fit Kids Classes (Please note Fun n' Fit classes are drop off programs.)

**Ballet** is fun-filled beginner's ballet class that will teach your children basic ballet moves, stretches, and techniques to modern music. No shoes, no buns, just dance! They can learn and have fun at the same time! Class meets in FKO and Miss Lisa will bring students into the Fire studio for class and then back to FKO for pick up. Location: Fire Studio.

**Kids Yoga** is where they can roar like a lion, hiss like a snake, or fly like a butterfly. With breathe exercises, stretching, noises, and movement, the class is brought on an imaginary yoga safari to enhance their knowledge of poses and learn the basics of yoga! Class meets in FKO then Miss Mary bring students into a studio for class and then back to FKO for pick up! Location: Group Exercise Studio One on 4th floor.

**Little Dragons** is a Martial Arts program is designed and taught by private trainer Hawk Lao to promote health, wellness, focus, and strength for kids in an exciting way! This class will help kids build confidence and learn coordination that will help them in other sports and activities, too! Come check it out the demo class where Hawk will focus on the practice of Kung fu through "shaolin." Class meets in FKO then Hawk bring students into the studio for class and then back to FKO for pick up! Location: Group Exercise Studio (4th floor).

**Tumbling** focuses on building body awareness, flexibility, strength, and self-confidence. After a fun musical warm-up incorporating motor and coordination skills, the instructor will work on teaching basic movements including balancing, jumping and climbing. As the students progress, they will learn tumbling skills and appropriate gymnastics skills. Tumble on over to this new class! Parents may drop-off and pick up in a timely fashion in the studio. Location: Group Exercise Studio (4th floor).

**Fishy Feet group swim** is a class for kids who are ready to take a float! Certified swim instructors will help them learn, be safe, and develop basic swim skills the kids while they sing, play, and have fun! No cameras allowed in the pool area. Swim diapers are required for children who are not fully potty trained. Location: Pool.

## Music, Art & Language Classes (Please note these classes are drop off programs.)

**Music Makers** is a great time had by all! Kids will learn rhythms, rhymes, beats, and to sing together! They will play, do art projects, listen and learn about the fundamentals of music and different instruments. Class is in FKO area.

**Spanish ABCs** is a wonderful class where kids will learn letters, colors, songs, and basic phrases in Spanish. They will also learn through art projects, visuals, and books! Location: FKO area.

**Mandarin Cube** is an effective and enjoyable learning experience for your children to speak Mandarin at a very early age. Learning this old, fun, and useful language helps improve ability to understand and collaborate with others; installs global vision and competitive advantage; and the results shows enhanced Raw IQ and greater Emotional Intelligence. (Ages 2 & under parent or guardian must stay.) Location: FKO area.

**Art in FKO** is fun, messy, different, and new every week! Using a variety of materials, supplies, paints, colors, and more kids will create art to bring home with them and learn how to use their imagination and creative inspirations to make unique and interesting arts and crafts. Location: FKO area.

**Movie Night** is every Friday night in FKO from 3:30pm-8:00pm! 4-5pm is arts & crafts, the movie starts at 5pm, and dinner is served at 5:30 sharp! Make sure you make your reservation and order your dinner by Thursday at 3:00pm. Then take this Friday night and get in some YOU time! The kids are safe in FKO so get in a workout, visit the SPA or Salon Marc Harris, have a dinner date at Blu, go see a Movie next door, or just enjoy being kid free for a few extra hours! Drop-off for up to 4 hours. Coordinate with other parents and make it a play date for the kids in FKO AND a playdate for parents somewhere else in the building! Location: FKO area.

Please contact Lisa Romano at [lromano@mp-sportsclub.com](mailto:lromano@mp-sportsclub.com) or 617.375.8544 for more information or to register.