

## Afterschool Super Sports, Games & Arts

### Ages 5-8

#### Location: Kennedy Community Center

Class will meet at the Kennedy Community Center Assembly Hall. This class is an extension of our afterschool program. Come and have fun playing your favorite sports or games with us. Participants will receive basic instruction in a variety of sports and games while learning team work in a stress-free environment. Each of the classes will meet on the designated day for 4-6 weeks. If it rains, classes will be held indoors in the Assembly Hall. We will do our best to keep the kids busy and active for that hour. We will not cancel a class due to weather.

CODE	Day	Dates	Time	Classes	Activity	Fee
47636	Mon*	2/6-3/12	3:30-4:30 pm	5	Soccer	\$45/ \$50
47637	Tue	2/7-3/13	3:30-4:30 pm	6	Arts n Crafts	\$50/ \$55
47638	Wed	2/8-3/14	3:30-4:30 pm	6	Drawing	\$50/ \$55
47639	Thu	2/9-3/15	3:30-4:30 pm	6	Dodgeball	\$50/ \$55

\*No class Mon 2/20,

47640	Mon**	3/19-4/30	3:30-4:30 pm	6	Soccer	\$50/ \$55
47641	Tue	3/20-5/1	3:30-4:30 pm	6	Dodgeball	\$50/ \$55
47642	Wed	3/21-5/2	3:30-4:30 pm	6	Young Artist	\$50/ \$55
47643	Thu	3/22-5/3	3:30-4:30 pm	6	Hip-Hop Dance	\$50/ \$55

\*\*No class the week of April 2-6 (Spring Break)

47644	Mon***	5/7-6/4	3:30-4:30 pm	4	Soccer	\$40/ \$45
47645	Tue	5/8-6/5	3:30-4:30 pm	5	Young Artist	\$45/ \$50
47646	Wed	5/9-6/6	3:30-4:30 pm	5	Dodgeball	\$45/ \$50
47647	Thu	5/10-6/7	3:30-4:30 pm	5	Hip-Hop Dance	\$45/ \$50

\*\*\*No class on Mon 5/28 (Memorial Day)

### Super Soccer • Ages 5-12

#### Location: Town Estates Park, 3438 Andover Drive, UC

Spend 8 Saturdays playing and enjoying the world's favorite sport, soccer. Participants will take part in drills that include dribbling, passing, receiving, shooting, and some goal keeping. Each child should come to soccer with a full bottle of water and shin guards. Soccer cleats are recommended. We will provide all other equipment for the day. Due to weather, some classes may get cancelled. In the event that a class is cancelled you will be notified in advance and a make-up class will be scheduled.

CODE	Day	Dates	Time	Classes	Ages	Fee
47648	Sat	2/11-3/31	10:00- 11:30am	8	4-8	\$100/ \$110
47649	Sat	4/14-6/2	10:00- 11:30am	8	4-8	\$100/ \$110
47650	Sat*	4/14-6/2	11:45- 1:00 pm	8	7-12	\$90/ \$95

\*Advanced class for the more advanced players. Need a minimum of 6 participants to make class go.

### Young America T-Ball • Ages 4-6

#### Location: Kennedy Park, 1333 Decoto Rd., UC

Do you want your young child to play baseball? This is the first class they should take. Boys and girls will learn the fundamentals of the game. How to catch, run the bases, hit, and sportsmanship. Basic rules, strategies, and fundamentals for the game will be taught. This is a recreation program meant to introduce both girls and boys to the game of baseball.

CODE	Day	Dates	Time	Fee (res/ non)
47652	Tue/ Thu	3/20-4/26	4:30-5:30 pm	\$60/ \$65
47653	Tue/ Thu	5/8-6/6	4:30-5:30 pm	\$60/ \$65

\*\*No class the week of April 2-6 (Spring Break)

## Basketball Pro

#### Location: Cesar Chavez Middle School Gym

This program will offer boys and girls various techniques, exercises, drills and fundamentals of the game of basketball. They will learn and practice dribbling, shooting, passing, team play and sportsmanship. We place the emphasis on fun while learning the fundamentals of the game. Depending on the number of participants, we will separate the kids by age and skill level.

CODE	Day	Dates	Time	Classes	Fee (res/ non)
47906	Sat	2/25-3/31	10- 11:30 am	6	\$90/ \$100
47907	Sat	4/14-5/26	10- 11:30 am	7	\$105/ \$120

### Sports Fitness for Kids • Ages 7-13

#### Location: Kennedy Community Center.

Sports Fitness is a class dedicated to young athletes and children looking to stay fit and in shape. The class will focus on cardio, speed, agility, and core strength. All sessions will include a proper warm-up, various drills and exercises, and a cool-down. No special equipment will be needed besides proper weather apparel and athletic shoes. Some exercises and drills will be done outside.

You will get a total of 8 classes per session.

CODE	Day	Dates	Time	Ages	Fee
47908	Tue/ Thu	1/31-2/23	4:00-5:00 pm	7-10	\$55/ \$60
47909	Tue/ Thu	1/31-2/23	5:15-6:15 pm	11-13	\$55/ \$60

47910 Tue/ Thu 4/10- 5/17 4:00-5:00 pm 7-10 \$55/ \$60

47911 Tue/ Thu 4/10- 5/17 5:15-6:15 pm 11-13 \$55/ \$60

### Spring Break Soccer • Ages 4-11

#### Location: Accinelli Field

This program will offer boys and girls various techniques, exercises, drills and fundamentals of the game. They will learn and practice kicking, passing, dribbling, trapping the ball, and heading the ball. Depending on the number of participants, we will separate the kids by age and skill level.

Recommended equipment: Shin guards and shoes, we will provide everything else.

CODE	Day	Dates	Time	Fee (res/ non)
47654	Mon- Fri	4/2-4/6	9:00 am- 12:00 Noon	\$70/ \$75

### Spring Basketball Pro • Ages 5-10

#### Location: Arroyo Park

This program will offer boys and girls various techniques, exercises, drills and fundamentals of the game of basketball. They will learn and practice dribbling, shooting, passing, team play and sportsmanship. We place the emphasis on fun while learning the fundamentals of the game. Depending on the number of participants, we will separate the kids by age and skill level.

CODE	Day	Dates	Time	Fee (res/ non)
47655	Mon- Fri	4/2-4/6	2:00- 4:00 pm	\$60/ \$70

### Spring Break Neighborhood Sports

#### Ages 5-10 • Location: Kennedy Park

This 5-day class will focus on the visual arts. Kids will be using different media to create fun projects that they will be able to take home. Why stay home during your break when you can join us and have fun!

CODE	Day	Dates	Time	Fee (res/ non)
47656	Mon- Fri	4/2-4/6	1:00-4:00 pm	\$70/ \$75

**If you have any questions regarding the Youth Sports Programs, please contact the Program Coordinator, Jesus Garcia at (510) 675-5482.**



### ICE SKATING CLASSES WITH SHARKS ICE

Learn to skate with professional skating instructors! Classes include a 30-minute lesson, skate rental, and 30-minute practice on the day of class. Plan to arrive early enough to allow time to put on skates before class. Practice will be before class start time. All skaters should wear clothing that is warm, comfortable, and easy to move in. A jacket, hat, gloves or mittens are recommended. Protective gear is optional.

Location: Ice Fremont, 44388 Old Warm Springs Blvd., Fremont, CA 94538 (510) 623-7200

**Please Note: Please arrive to class by 2:45 pm to allow time to put on skates. Practice time is at 3:00 pm.**

\*No class on 1/24.

### Tot Skating • Ages 3-5

This class develops confidence on the ice while teaching the proper way to fall down, get up, basic forward skating, balance and introduces glides and stops.

Code	Day	Dates	Time	Classes	Fee
48041	Tue	1/3-2/14*	3:30- 4:00 pm	6	\$78/ \$88
48042	Tue	4/3-5/8	3:30- 4:00 pm	6	\$78/ \$88

### Youth Skating • Ages 6-17

Covers the proper way to fall down, get up, two foot glide, one foot glide, forward swizzles, forward stroking, backward swizzles, stopping and an introductory spin.

Code	Day	Dates	Time	Classes	Fee
48043	Tue	2/21-3/27	3:30- 4:00 pm	6	\$78/ \$88
48044	Tue	5/15-6/26	3:30- 4:00 pm	7	\$91/ \$101

### Youth Open Gym Times (Ages 10-15)

**Location:** Union City Sports Center

**Fee:** \$5 UC Residents/ \$10 Non-Union city Residents

The Union City Sports Center offers open gym times for youths 10 – 15 years old for drop-in basketball, volleyball, & badminton! The sports center also offers youth fitness/ sports conditioning classes on certain days of the week. Please check the monthly gymnasium schedule for youth fitness/ sports conditioning days and times.

**Youth Open Gym hours:** Monday –Thursday: 3 pm – 6 pm  
Fridays 3 pm – 8 pm



### Youth Yoga

Location: Union City Sports Center

Instructor: Ari Weinberg

Let your child experience the world of yoga! Children will work through yoga poses which can instill calmness, confidence and balance. Yoga also helps children develop better body awareness, self control, flexibility and coordination.

CODE	Day	Dates	Time	Ages	Fee (Mem/res/ non)
47771	Sun	1/29-3/11	11:30-12:15 pm	4-12	\$35/ \$40/ \$45
47772	Sun	4/15-5/20	11:30- 12:15 pm	4-12	\$35/ \$40/ \$45

### NEW! INFANT MASSAGE

**Ages: 1 month- 3 years**

**Instructor: Madhu Sardana**

**Location: Kennedy Community Center**

Infant Massage is a two-day workshop teaching new parents the art and tremendous benefits of infant massage for both the baby and parents. This is a parent/baby participation class, which consists of two one-hour workshops. Fathers are also encouraged to attend. Infant massage is the most important form of bonding you will have with your child so come and learn today! Instructor Madhu Sardana is a licensed massage therapist who will guide you through this wonderful experience for both the parent and their infant. For more information please call 510-675-5328.

CODE	Day	Dates	Time	Fee
47885	M/W	1/9- 1/11	6:00- 7:00 pm	\$40/ \$50
47886	M/W	2/6- 2/8	6:00- 7:00 pm	\$40/ \$50
47887	M/W	3/5- 3/7	6:00- 7:00 pm	\$40/ \$50
47888	M/W	4/2- 4/4	6:00- 7:00 pm	\$40/ \$50
47889	M/W	5/7- 5/9	6:00- 7:00 pm	\$40/ \$50
47890	M/W	6/4- 6/6	6:00- 7:00 pm	\$40/ \$50



### Teen & Kid Fit Challenge!

Take the challenge and be rewarded! New Teen and Kid Fit Classes at the Union City Sports Center! Learn about good health, fitness and nutrition while having fun!

The Union City Sports Center is offering an 8 – week health and fitness class for teens (12-17 years) and youth (7-11 years). The classes will cover topics such as positive body image and motivation; as well different types of exercises; how to use fitness equipment (inside and outside of a fitness center); gym etiquette; basic anatomy (muscle groups); nutrition; and how to make healthy lifestyle choices. Each session also includes a local active lifestyle field trip, and all participants who successfully complete the session will receive a t-shirt and a free 3-month youth pass to the Union City Sports Center! Space is limited and participants must make a commitment to fully participate in the 8-week program. In addition to registering, participants must complete a questionnaire and parents must complete additional paperwork prior to the start of class.

For more information, call 675-5806.

CODE	Ages	Day	Dates	Times	Fee (Mem/ res/ Non/)
47480	11-17	Sat	1/14-3/3	12 noon- 2:00 pm	\$35/ \$40/ \$45
47481	7- 10	Sat	3/17-5/3	12 noon- 1:30 pm	\$35/ \$40/ \$45