

IN MOTION and ACADEMY SPORTS SUMMER PROGRAMMING 2010

**Please fill out the form below to sign up for summer programming, or contact Veronica Carney at:
VCarney@academynewton.com or 617-969-2200, ext. 19*

IN MOTION PERSONAL TRAINING

Physical activity, healthy eating and muscular and cardiovascular fitness can have a powerful and lasting impact on a child's overall development. Additionally, movement can help relieve stress and positively impact mood.

IN MOTION is a combination of personal training and emotional support designed to help children of all ages and physical abilities build muscle, practice motor movements and foster physical self-confidence.

- ENROLLMENT** is open to boys and girls ages 6 to 18.
- Individual Rate:**
\$80.00 per session (45 min.)
- Group Training Rate:**
\$40.00 per session (45 min.)
- During July and August, sessions will be scheduled Monday through Friday by appointment only and September-June, sessions will be scheduled on Saturdays from 7am- 3pm.**

July Summer Basketball League

When: Tuesdays and Thursdays in July
4:30-5:30pm

Fee: \$75.00 per week or \$250.00 for all four weeks

*Minimum of two weeks participation to enroll

The Summer Basketball league will take place on Tuesday and Thursday afternoons in July from 4:30-5:30pm. Each session will include skills coaching, drills and game play. The Summer League has been designed to provide children with an opportunity to learn and develop basketball skills and knowledge *within the safe and supportive environment of the Academy*, as well as provide an authentic team experience. The 2010 Basketball League will meet twice a week for one hour and requires a minimum of two weeks participation. The cost for each week will be \$75.00 per child or \$250.00 for all four weeks.

1-on-1 and Small Group Sports Tutoring

Fee: Individual sessions: \$80.00 (45 min.)

Fee: Group sessions: \$40.00 (45 min.)

Is there a sport your child wants to learn or physical skills they would like to build upon? Individual or small group settings can provide the safety and support to help your child learn the rules and skills of traditional and playground sports. Sport Tutoring is designed to help your child learn or improve sports specific skills including basketball, soccer, kickball, football and baseball.

Academy Sports Summer Program

Basketball-Soccer-Baseball-Football

Gămēs · Rŭlēs · Şkllş Prăctiçē

This is a **weeklong sports-focused activity program** for children to learn rules, practice physical and teamwork skills and experience team sports, while receiving individualized support within the *supportive and cooperative environment* of the Academy. The program emphasizes sportsmanship and feeling confident in both competitive and cooperative sport environments.



ENROLLMENT is open to **boys and girls ages 6 and up**. Space is limited.



DATES for the Academy Sports Summer Program are:

Monday-Friday: 9:00am – 12:00pm
August 9th -13th



The **COST** per child is **\$560** and includes a daily healthy snack and a group T-Shirt.



The workshop will be **FACILITATED** by

Veronica Carney, M.A., LMHC , CPT

**Please note that a 50% Deposit is required to hold your spot in the Summer Sports Program with the total balance due by 6/1/10.*

**Please contact Veronica Carney at 617-969-2200, ext. 19 for further details.*

Academy of Physical and Social Development

Summer Programming

2010

Please Print This Form and Return to:

Veronica Carney
The Academy of Physical and Social Development
425R Watertown Street
Newton, MA 02458

Child's name: _____ Age: _____ Grade (as of 9/10): _____

Parent name: _____ Email: _____

Phone: (_____) _____

Service I would like to sign up for:

- Individual Personal Training \$80.00
- Group Personal Training \$40.00
- July Basketball League \$75.00 per week or \$250.00 for 4 weeks
- Weeklong Sports Program \$260.00
- 1-on-1 Sports Tutoring \$80.00

_____ My check is included for \$ _____

_____ Please charge my credit card: \$ _____

Circle:

Visa MasterCard Discover

Card#: _____ Exp: _____ Security Code: _____

Signature: _____