

IN MOTION and ACADEMY SPORTS SUMMER PROGRAMMING 2011

**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: Group and Individual PERSONAL TRAINING

When: Scheduled Weekdays 3pm-7pm or on Saturdays and Sundays 9am-3pm
Cost: Individual Training: -- \$85.00 per session -- Group Training: \$45.00 per session --

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 5 to 18 and is adapted to age and skill level. Sessions may include cardiovascular exercises, body weight strength training, resistance training, sports skill practice and/or age appropriate games designed to address fitness as well as social and emotional goals.

July Summer Basketball League

When: Tuesdays and Thursdays in July
4:45-5:45pm

Cost: \$80.00 per week *Minimum of two weeks participation to enroll

The Summer Basketball league will take place on Tuesday and Thursday afternoons in July from 4:45-5:45pm. 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 2011 Basketball League will meet twice a week for one hour and requires a minimum of two weeks participation. The cost for each week is \$80.00.

5 Day Academy Sports Summer Program

When: Monday-Friday 9am-12pm August 8th-12th
Cost: \$575 per child including a healthy snack and team T-shirt

This week-long sports focused activity program has been designed to help children learn the rules and skills of traditional sports while receiving individualized support to improve teamwork skills, physical confidence and sportsmanship. The five day program will cover the basic rules and skills of BASKETBALL, SOCCER, BASEBALL and FOOTBALL and is open to beginner and intermediate levels, boys and girls ages 6-12.

Academy
Academy of Physical and Social Development
Summer Programming
2011

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: _____ Birthday : _____ Grade (as of 09/11): _____

Parent name: _____ Email: _____

Parent name: _____ Email: _____

Best Phone: (_____) _____ 2nd Phone: (_____) _____

Programming I would like to sign up for:

- Individual Personal Training \$85.00
- Group Personal Training \$45.00
- July Basketball League \$80.00 per week
- Weeklong Sports Program \$575.00

_____ My check is included for \$ _____

_____ Please charge my credit card: \$ _____

Circle:

Visa MasterCard Discover

Card#: _____ Exp: _____ Security Code: _____

Signature: _____

Address: _____