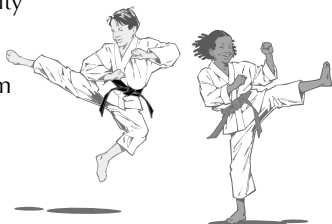


**Karate for Kids**

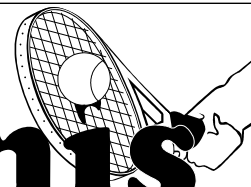
Taught by Adam Abramson

Ages 5+ years

Location: La Sierra Community Center, Room 800  
 Day/Time: Tuesday and Thursday, 6-6:45pm  
 Dates: Monthly  
 \*No class 11/24  
 Fee: \$30



**Tennis!**



**PROGRAM**

Taught by Jesse Colan, Certified Tennis Professional & Brian Cuccia

Classes begin with related exercises and move into hitting drills and end with games or match play. The goal is to get participants playing the game of tennis as soon as possible!

\*Please wear tennis shoes.

**Munchkins**

Designed for ages 5-7, this class teaches forehand and backhand ground strokes through more games while having fun. \*\*Class is 30 minutes long.

**Beginning Youth or Adult**

This introductory class will cover all strokes, drills, scoring and adaptive games.

**Intermediate, Youth or Adult**

Designed for the player with experience, this class begins with partner warm-up and then drills and games will follow. Shot selection and stroke critique will be analyzed.

**Advanced Youth or Adult**

Designed for tournament players. Please call Coach Jesse for availability.

Dates: 9/12-9/29, 10/3-10/20, 10/24-11/10, 11/28-12/15, 1/9-1/26, 1/30-2/16, 2/27-3/15, 3/19-4/12\*

\*No class the week of 4/2

Fee: \$55 for (6) 55-min. classes and one can of USTA approved tennis balls  
 MUNCHKINS - \$30 for (6) 30-min. classes

Location: Courts 1-2 are located at Carmichael Park, 5750 Grant Avenue.

**Monday/Wednesday Schedule**

| Class      | Age  | Time   |
|------------|------|--------|
| Beg. Youth | 8-12 | 5:30pm |
| Int. Youth | 8-12 | 6:30pm |
| Beg. Adult | 13+  | 7:30pm |
| Int. Adult | 13+  | 8:30pm |

**Tuesday/Thursday Schedule**

| Class       | Age | Time   |
|-------------|-----|--------|
| Munchkins   | 5-7 | 6:00pm |
| Beg. Adults | 13+ | 6:30pm |
| Int. Adult  | 13+ | 7:30pm |

**Private/Semi Private Lessons Available!**

\$25/half hour - \$45/hour  
 For scheduling call Jesse Colan at (916) 485-2985

**KIDZ LOVE SOCCER**



Participants 2-10 years of age learn the world's most popular sport from the professional coaches trained in the Kidz Love Soccer method. Sessions include age appropriate activities, skill demonstrations, fun games and instructional scrimmages conducted in a non-competitive environment. Visit their website, [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com) for more information. Shin guards are required after the first meeting.

**Mommy/Daddy & Me Soccer**

Introduce yourself and your toddler to the "world's most popular game!" As you and your child participate in our fun age appropriate activities, they will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. The fun happens on the field and in this program parents are part of the action, not watching from the sidelines!

\*In case of rain-outs, please call the KLS Field Hotline at 1-888-372-5803.

**FALL: 9/22-11/17**

Location: Carmichael Park  
 Day: Thursday  
 Fee: \$83/9 weeks

|                            |             |               |
|----------------------------|-------------|---------------|
| Mom/Dad & Me               | 2-3.5 years | 9:30-10am     |
| Tot Soccer                 | 3.5-4 years | 10:10-10:40am |
| Pre Soccer                 | 4-5 years   | 10:40-11:15am |
| Tot/Pre-Soccer             | 4-5 years   | 3:10-3:40am   |
| Soccer 1                   | 5-6 years   | 3:40-4:25pm   |
| Soccer Skillz & Scrimmages | 7-10 years  | 4:25-5:10pm   |

**Winter: 1/26-3/15**

Location: Carmichael Park  
 Day: Thursday  
 Fee: \$74/8 weeks

|                            |             |             |
|----------------------------|-------------|-------------|
| Tot/ Pre Soccer            | 3.5-5 years | 10:30-11am  |
| Tot/ Pre Soccer            | 3.5-5 years | 3-3:30pm    |
| Soccer 1                   | 5-6 years   | 3:30-4:15pm |
| Soccer Skillz & Scrimmages | 7-10 years  | 4:15-5pm    |
| Mom/Dad & Me               | 2-3.5       | 5:10-5:40pm |