

PRESCHOOL PROGRAMS COURSE CATALOG



Bumper Buddies: An introductory program designed to help preschoolers and kindergarteners ages 3 through 6 develop their motor skills and coordination while learning to bowl. Includes one games, refreshments and awards. Parents must remain with their children. Sign up individually or as a group of up to three.

Instructor: Sparta Lanes

Messy Masterpieces: Art for children ages 4 through 6. Learn clever techniques to make unique projects to take home. Some projects tend to be messy, so dress accordingly.



Instructor: Patty Pimley

Preschool Gymnastics: Children ages 4 through 6 increase their strength and agility through games, learning to listen and follow directions, all while having fun! Programs will be held during the week of November 2nd.

Instructor: Leslie McPeek



Ballet, Tap & Tumbling: Children ages 4 through 6 learn beginning ballet, tap and tumbling. Wear ballet shoes, tap shoes, leotard and tights. Classes held at Grand Jete Dance studio on Main Street, Netcong.

Instructor: Joanne Ramirez

Sports Squirts: Children ages 3 through 5 learn hand-eye coordination and fitness while being introduced to soccer, T-ball, hockey, lacrosse and basketball. Classes will be held from October 1st until November 5th.



Instructor: U.S. Sports Institute Coaches

Story Time Theatre: Children ages 4 through 6 make stories come to life through dramatic play and interactive art projects.



Instructor: Diana Byrne

Summer Swim Lessons: Children must be 5 years old or older to enter levels. Four year olds have their own time bracket. Children are not expected to move from one level to the next until they have had several weeks of lessons at that particular level. If registering for more than one session, please register for the same level and the instructors will make changes as necessary.

Levels:



Level 1- New Swimmer

Level 2- Primary Skills: blow bubbles with face in water, kick in prone & back positions while floating.

Level 3- Stroke Readiness: swim crawl stroke on stomach; kick & fin or back crawl for 5 yards.

Level 4- Stroke Development: front crawl with rotary breathing; back crawl & breaststroke, each for 10 yards.

Level 5- Stroke Refinement: crawl with rotary breathing and back crawl for 25 yards.

Level 6- Skill Proficiency: front and back crawl for 50 yards. Breaststroke and sidestroke for 10 yards.

Each session is one week long; one lesson each day.

Times will be posted in the Summer Newsletter.

Classes may be cancelled due to rain. There will be no make-ups for cancelled classes.

Summer Tennis: Lessons will include forearm and backhand stroke development, serving, scoring and game strategy. Bring a racquet. Times will be posted in each Summer Newsletter



Instructor: Glen Martinson