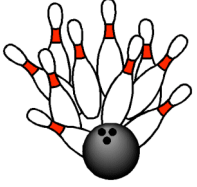


YOUTH PROGRAMS COURSE CATALOG

Bowling Buddies: An introductory program designed to help school children ages 6 through 12 learn to bowl. Includes two games, shows and awards. Bring or purchase a snack. Sign up as a group of up to three.



Instructor: Sparta Lanes

Summer Bowling: Children from 6 through 15 may participate. \$5 to register and \$6.50, pay as you go, each week. This fee includes two games, shoes, first week instruction, hot dog, and an award party ceremony at the end. May sign up as an individual or in groups of up to three.

Instructor: Sparta Lanes

Gymnastics: Children in grade 1 through 4 can learn beginning gymnastics based on tumbling skills from an accredited gymnastic instructor. Strength and flexibility re emphasized as well as learning rolls, cartwheels, tripods, headstands and more.



Instructor: Leslie McPeek

Karate: The benefits of this training include not only being able to protect yourself, but also being physically fit and self-confident. Everyone learns at a different speed and there is no pressure to advance further then your own ability allows. All this while having fun and making friends. For ages 5 through 10 years old.



Instructor: Sensei Scott LaPelusa

Spring Tennis Lessons: Lessons will include forearm and backhand stroke development, serving, scoring and game strategy. Bring a racquet. Time brackets by age/level will be posted in each Spring Newsletter.

Instructor: Jill VanDyne



Summer Tennis: Lessons will include forearm and backhand stroke development, serving, scoring and game strategy. Bring a racquet. Time brackets by age/level will be posted in each Summer Newsletter.



Instructor: Glen Martinson

Fall Tennis Lessons: Lessons will include forearm and backhand stroke development, serving, scoring and game strategy. Bring a racquet. Time brackets by age/level will be posted in each Fall Newsletter.

Instructor: First Serve Tennis Academy

Horsemanship: Children ages seven through 12 can learn to ride, groom and care for horses. Children should wear long pants, bike helmets, shoes, boots or tie sneakers.



Instructor: Ponyshare

Project Place for Christmas: Children in grades 1 through 4 make a Christmas project each week before the holiday. Projects may include gingerbread house and holiday ornaments.



Instructor: Patty Pimley

Pitch, Hit & Run: *FREE* but participants should register in advance. For boys and girls ages seven through 14. Kids pitch at a target, hit a ball off a stationary tee and run the baseline for time. There are winners in each category plus an all-around winner who proceeds to sectional competition. American Legion players run the competition.



Field Hockey Camp: Beginners and intermediates level players in grades 5 through 9 will learn the fundamentals of field hockey including, positioning and team strategies of full field play. Com and join an excellent coaching staff to improve your field hockey skills and/or learn new ones.

This camp is open to all players from beginners to players with experience. Coaching staff includes Leslie Loeb, High Point High School coach and an active member of USFHA. The camp is highly recommended by both the Lenape Valley Youth coaching staff and the Lenape Valley High School coaching staff.

Players will need to provide their own stick, mouth guard, shin guards, sneakers, cleats, light snack and plenty of water.



For more information, call Toni Olson at (973) 770 – 7049.

Fall Field Hockey: Fall field Hockey is open to all players from beginners to players with experience. Practices will begin in August and end in late October. Field location and practice schedule to be determined. Game schedule includes weekday games after school and some Saturday mornings.

\$100 includes games and instruction. \$140 includes the same plus a youth stick, ball, and moth guards.

For more information, call Toni Olson at (973) 770 – 4049. Must register through Byram Parks & Recreation.

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.

Golf: Classes will be offered through To The Tee golf lessons. Class size is limited, but should there not be enough registrants for a class, classes may be combined with other programs. Range balls are included in the fees. Clubs are available for no fee if needed. Time brackets by age/level will be posted in each Spring Newsletter.



Recreation Basketball: Children in grades 2 through 8 may join this recreation level program to learn basic basketball skills and strategies. Grades 5 and up will have a game schedule that includes travel to Sussex towns. Grades 2 through 4 play during the week and Saturdays from January through mi-March. Grades 5 through 8 begin practices in November and games run from January through March. Practices are held at local schools in Byram, Stanhope and Netcong. Volunteer coaches are needed to make this program a success.



Travel Basketball: Tryouts for boys and girls in grades 5 through 8 will be held in October. Games and practices are held November through mid-March. Games are held in towns across northern New Jersey.