Dear Field House Families:

This semester, we are back at it again adding more new classes! Please read the program carefully, as many dates have been added and changed. We are also continuing to improve our adult programming, so you parents can join in the fun.

We hope you're as excited as we are for the upcoming spring! Please feel free to contact us if you have any questions or suggestions.

Sincerely,

Debbie Gleicher
General Manager

HIGHLIGHTED PROGRAMS

NEW YOUTH RUNNING CLUB
The Youth Running Club encourages girls and boys to enjoy the act of movement and exercise through running and basic cardiovascular activities. They learn and understand how to use their own body as a way of exercising. Club participants take away an understanding of perseverance, and determination built through the foundation of aerobic exercise. Wellness and self-esteem lessons are incorporated into this class in order to empower them as they enter into the adolescent stages of development.

NEW YOGA
This class incorporates creative and playful ways for children to exercise. Instructors use a variety of poses and stretches to promote strength, flexibility, coordination and balance. Children also learn breathing and visualization techniques to increase focus and relaxation.

POLICIES AND PROCEDURES

CANCELLATION/REFUND POLICY
There is a $75 non-refundable registration fee/deposit included in the price of all classes at the Field House. Requests for refunds (not including the non-refundable registration fee/deposit and prorated cost for any classes taken) will be considered through February 12, 2018. No refunds or credits will be given after this date. If you are unsure about enrollment, you may sign up for a trial class. Trial classes are based on availability and are offered at a cost of $40 - $70 per class. Only one trial class per child. No trials allowed during the first week of class.

YOUTH CLASS MAKE-UP POLICY
The Field House offers 2 make-up classes for semester-based classes that are scheduled to meet 12 or more times during the semester, 1 make-up class for classes that meet between 9 and 11 times a semester and no make-up classes for classes that meet 8 or fewer a semester. No make-ups are available for leagues or team practices. Students are required to pre-register for make-up classes through our Registration Office and enrollment is based on availability. We are not able to reschedule a make-up or offer make-ups for missed make-up classes. Make-ups must be used during the spring semester.

THREE WAYS TO REGISTER

ONLINE | BY PHONE | IN PERSON
# 2018 Spring Youth Class Schedule

## Important Dates
- First Week of Classes: Jan. 22 – 28
- No Classes: Feb. 19 – 23, Mar. 31 – Apr. 6, May 26 – 28
- Last Week of Classes/Parents’ Week: Jun. 5 – 11

## Spring Classes

### Jan. 22 – 28
- Lesson 16
- Lesson 8
- Lesson 7
- Lesson 6

### Feb. 12 – 18
- Lesson 17
- Lesson 15
- Lesson 14
- Lesson 13

### Mar. 26 – 30
- Lesson 17
- Lesson 15
- Lesson 14
- Lesson 13

### Apr. 9 – 15
- Lesson 17
- Lesson 15
- Lesson 14
- Lesson 13

### May 21 – 27
- Lesson 17
- Lesson 15
- Lesson 14
- Lesson 13

### June 5 – 11
- Lesson 17
- Lesson 15
- Lesson 14
- Lesson 13

## July
- Lesson 17
- Lesson 15
- Lesson 14
- Lesson 13

## Fall Classes

### Lesson 16
- Lesson 15
- Lesson 14
- Lesson 13

### Lesson 7
- Lesson 6
- Lesson 9

### Lesson 2
- Lesson 1

### Lesson 1

### Important Dates
- Spring Break Camps: Feb. 19 – 23, Mar. 26 – 30, Apr. 2 – 6 (Sun Only)
- Memorial Day: May 28
- Parent's Week: Date
- School Breaks: Date

### Holiday Rock-N-Roll Sessions
- EASTER NO CLASSES
- Memorial Day NO CLASSES
- Labor Day NO CLASSES

### Additional Rock-N-Roll Sessions
- Available throughout the semester on weekends. See page 9.
### Little Athletes Program

**WHAT’S AVAILABLE AT THE FIELD HOUSE**

#### Real Sports for Children Ages 6 Months to 5 Years

The Field House Little Athletes Program is different from other sports programs offered throughout New York City. At the Field House, our Little Athletes are taught by experienced, professional coaches. The same coaches who teach our highest level athletes also teach our youngest of stars. All classes are taught in authentic, state-of-the-art facilities with the highest quality equipment. Our curriculum is age-appropriate and designed to meet the physical, social and developmental ability of each age group.

Our main goal with all Little Athletes classes is to introduce children to sports in a fun, friendly, supportive and nurturing environment. Children feel like superstars no matter their ability level. Our expert teachers provide a strong and proper foundation in physical movement and work hard to create an energetic and encouraging environment.

All children who enroll in the Little Athletes Program receive complimentary use of our Little Athletes Toddler Gym (see page 16) on the day of their class, a $204 value!

Complete class descriptions, schedules and costs for all of our Little Athletes classes are included throughout this brochure. Below is a quick listing by age of all the classes we offer.

### AGES 6 – 40 MOS.

**Caregiver Participation**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Micro-Soccer Tikes</td>
<td>6 - 7</td>
</tr>
<tr>
<td>Ages 24 - 36 months</td>
<td></td>
</tr>
<tr>
<td>Tiny Tots Gymnastics</td>
<td>12-13</td>
</tr>
<tr>
<td>Ages 12 months - 24 months</td>
<td></td>
</tr>
<tr>
<td>Tumblin’ Tots Gymnastics</td>
<td>12-13</td>
</tr>
<tr>
<td>Ages 25 months - 40 months</td>
<td></td>
</tr>
<tr>
<td>Music &amp; Movement</td>
<td>12-13</td>
</tr>
<tr>
<td>Ages 6 months - 14 months</td>
<td></td>
</tr>
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</table>

### AGES 3 – 5

**Separation Classes**

Children must be potty-trained

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acro-Kats Gymnastics: Age 3</td>
<td>12-13</td>
</tr>
<tr>
<td>Basketball</td>
<td>10</td>
</tr>
<tr>
<td>CP Champs</td>
<td>13</td>
</tr>
<tr>
<td>Dance</td>
<td>16</td>
</tr>
<tr>
<td>Flip-N-Kick</td>
<td>6 - 7</td>
</tr>
<tr>
<td>Future Stars Gymnastics: Ages 3.5 - 4.5 Invite Only</td>
<td>12-13</td>
</tr>
<tr>
<td>Gymjitsu: Ages 4 - 8</td>
<td>8</td>
</tr>
<tr>
<td>Gym-Tigers Gymnastics: Ages 4 - 5</td>
<td>12-13</td>
</tr>
<tr>
<td>Hot Shots Gymnastics:</td>
<td>14-15</td>
</tr>
<tr>
<td>Invite Only (Girls 4 - 5, Boys 4.5 - 6)</td>
<td></td>
</tr>
<tr>
<td>Little Athletes School Break Camp</td>
<td>17</td>
</tr>
<tr>
<td>Soccer</td>
<td>6 - 7</td>
</tr>
<tr>
<td>Micro-Sports</td>
<td>11</td>
</tr>
<tr>
<td>Rock Climbing: Ages 5+</td>
<td>9</td>
</tr>
<tr>
<td>Tee Ball</td>
<td>10</td>
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</tbody>
</table>

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**LITTLE ATHLETES SCHOOL BREAK CAMPS**

See page 17.

**CP KIDS EARLY CHILDHOOD EDUCATION CENTER**

Infant/Toddler & Preschool Programs

Ages 3 months – 5 years

Available 2 - 5 days per week.

See page 18.

**BIRTHDAY PARTIES**

See page 20.

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212.336.6520 | chelseapiers.com/fh
**YOUTH SPORTS DEVELOPMENT**

Simply the Best Programs for Children Ages 5 to 16 years

Our expert instructors lead challenging yet age-appropriate lessons geared toward the individual development of each athlete. Programs vary from beginner level classes to more advanced classes, depending on the program. Every class focuses on individual development in an always positive, supportive environment.

<table>
<thead>
<tr>
<th>AGES 5 – 8</th>
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<tbody>
<tr>
<td>All-Star Sat. Sports Camp</td>
<td>17</td>
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<tr>
<td>Baseball</td>
<td>10</td>
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<tr>
<td>Basketball</td>
<td>10</td>
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<tr>
<td>CP All Team Sports</td>
<td>11</td>
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<tr>
<td>Dance</td>
<td>16</td>
</tr>
<tr>
<td>Flag Football: Ages 7 - 10</td>
<td>11</td>
</tr>
<tr>
<td>Flip-N-Kick: Ages 3 - 5</td>
<td>6 - 7</td>
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<tr>
<td>Fun Fit</td>
<td>8</td>
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<tr>
<td>Gymnitsu: Ages 4 - 8</td>
<td>8</td>
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<tr>
<td>Gymnastics – Boys &amp; Girls</td>
<td>14 - 15</td>
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<tr>
<td>Rock Climbing</td>
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<tr>
<td>School Break Camps</td>
<td>17</td>
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<td>Soccer</td>
<td>6 - 7</td>
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<tr>
<td>Micro-Sports</td>
<td>11</td>
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<tr>
<td>Tennis: Ages 5 - 7</td>
<td>11</td>
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<tr>
<td>Running Club</td>
<td>8</td>
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<tr>
<td>Volleyball</td>
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<th>AGES 9 – 13</th>
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<tbody>
<tr>
<td>All-Star Sat. Sports Camp (up to 11 yrs.)</td>
<td>17</td>
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<tr>
<td>Baseball</td>
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<tr>
<td>Basketball</td>
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<tr>
<td>Fun Fit</td>
<td>8</td>
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<tr>
<td>Flag Football (up to 10 yrs.)</td>
<td>11</td>
</tr>
<tr>
<td>Gymnastics – Boys &amp; Girls</td>
<td>14 - 15</td>
</tr>
<tr>
<td>Parkour: Ages 12 - 16</td>
<td>8</td>
</tr>
<tr>
<td>Rock Climbing</td>
<td>9</td>
</tr>
<tr>
<td>School Break Camps</td>
<td>17</td>
</tr>
<tr>
<td>Soccer</td>
<td>6 - 7</td>
</tr>
<tr>
<td>Stunts &amp; Skills</td>
<td>8</td>
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</table>

<table>
<thead>
<tr>
<th>AGES 13+</th>
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<tbody>
<tr>
<td>Basketball</td>
<td>10</td>
</tr>
<tr>
<td>Gymnastics – Boys &amp; Girls</td>
<td>14 - 15</td>
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<tr>
<td>Parkour</td>
<td>8</td>
</tr>
<tr>
<td>Rock Climbing</td>
<td>9</td>
</tr>
<tr>
<td>Soccer</td>
<td>6 - 7</td>
</tr>
</tbody>
</table>

**ADULT SPORTS PROGRAMS**

**Compete Like a Kid Again**

The Field House is home to Manhattan’s most comprehensive and organized adult amateur sports programs. Whether you’re looking to relive the glory days in our adult soccer and basketball leagues, scale our indoor rock climbing wall or perfect your front handspring, the Field House has something for you.

The Field House’s hardwood basketball courts and state-of-the-art artificial turf soccer fields provide the ultimate venue for league play. Unlike most leagues in NYC, games are always played at the Field House, are officiated by real referees and always start on time. Standings are posted daily online, and full-time program directors are on-site to supervise games.

Our adult gymnastics program is the largest and most diverse program in the country. The Field House offers 17 classes per week, ranging from beginner to advanced gymnastics, Parkour and more. Expert instructors utilize our world-class facility to provide top-notch instruction and workout supervision.

<table>
<thead>
<tr>
<th>ALSO AVAILABLE</th>
<th>PAGE</th>
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</thead>
<tbody>
<tr>
<td>Birthday Parties</td>
<td>20</td>
</tr>
<tr>
<td>Bar/Bat Mitzvahs &amp; Special Events</td>
<td>21</td>
</tr>
<tr>
<td>Rock-N-Roll Sessions</td>
<td>9</td>
</tr>
<tr>
<td>Batting Cages</td>
<td>16</td>
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</tbody>
</table>

chelseapiers.com/fh | 212.336.6520
### Micro-Soccer Tikes  Little Athletes
Parent or caregiver participation required.

**Ages:** 2 – 3  
(Must have turned 2 by February 1, 2018)  
**Dates:** January 22 – June 11, 2018  
**Length:** 60 minutes  
**Price:** $580 (18 classes)

This dynamic class is designed for our smallest of soccer stars and aims to introduce toddlers to the game of soccer and the joy of movement in a supportive and nurturing environment. Children are also given the tools and experience to separate from their parents and enter our Spikes program.

### Micro-Soccer Spikes  Little Athletes

**Ages:** 3 – 5  
**Dates:** January 22 – June 11, 2018  
**Length:** 60 minutes  
**Price:** $580 (18 classes)

Micro-Soccer Spikes is a fast-paced, energetic program that gives preschoolers the opportunity to run and play while they improve muscle coordination and learn the concepts of teamwork and cooperation. Micro-Soccer Spikes features a variety of fun lessons and exercises designed to familiarize the young player with the game of soccer. Classes are divided into smaller age groups allowing coaches to utilize age and level-appropriate teaching tools.

### Flip-N-Kick  Little Athletes

**Ages:** 3 – 5  
**Dates:** January 23 – June 7, 2018  
**Length:** 90 minutes  
**Price:** $810 (18 classes)

This exciting class combines the strength, flexibility and upper body development of gymnastics with the coordination, speed and agility of soccer. Students learn the basics of both sports while engaging in total body development. Class consists of 45 minutes of soccer activities, games and skill-development combined with 45 minutes of gymnastics basics and neuromuscular development.

### Playing Stars

**Ages:** 5 – 14  
**Dates:** January 22 – June 11, 2018  
**Length:** 60 or 90 minutes  
**Price:** $610 = 60 minutes (18 classes)  
$690 = 90 minutes (18 classes)

Playing Stars is an after-school youth soccer program emphasizing individual skill development as well as the fundamentals of sportsmanship and team tactics. Students learn the proper technique for passing, dribbling, shooting, heading and goal keeping. Full and half-field training games are played throughout the semester to provide players with match experience.

### CP Selects  Invite Only

**Ages:** 5 – 7  
**Dates:** January 23 – June 8, 2018  
**Length:** 75 minutes  
**Price:** $710 (18 classes plus 5 scrimmages)

This invitation-only program is designed for the advanced player looking for intense, individualized training to supplement their team training. Players develop individual skills during small-sided games and drills, while developing tactical awareness in the 5 scrimmages throughout the season. Our USSF-licensed coaches run all sessions and scrimmages. Scrimmages are played on the weekends at the Field House, dates and times to be determined.

### CP Skills Academy

**Ages:** 5 – 11  
**Dates:** March 24 – June 10, 2018  
**Length:** 60 or 90 minutes  
**Price:** $385 = 60 minutes (Sat., 10 weeks)  
$440 = 90 minutes (Sun., 10 weeks)

This spring, the Chelsea Piers Soccer Club (CPSC) is extending its program by offering a unique training program. CP Skills Academy prepares young players for competitive travel team play and/or for advanced level competition. All training is based on the USSF player developmental guidelines and led by our own Director of Coaching and our USSF-licensed staff. Each session consists of 45 minutes of training and 45 minutes of scrammages and short-sided games.
Spring 2018

YOUTH PROGRAMS

SOCCER SCHEDULE  60 minutes, unless otherwise indicated

<table>
<thead>
<tr>
<th>Micro-Soccer Tikes Ages 2 – 3</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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<thead>
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<th>Micro-Soccer Spikes Ages 3 – 5º</th>
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<th>3:30pm</th>
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<tr>
<th>Flip-N-Kick Ages 3 – 5º</th>
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<tr>
<td></td>
<td>4:30pm (90 min.)</td>
<td>3:45pm</td>
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<thead>
<tr>
<th>Playing Stars Ages 5 – 6</th>
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<td>4:30pm (90 min.)</td>
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<thead>
<tr>
<th>Ages 7 – 8</th>
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<thead>
<tr>
<th>Ages 9 – 10</th>
<th>4:30pm (90 min.)</th>
<th>4:45pm</th>
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<tbody>
<tr>
<td></td>
<td>8-10 yrs.</td>
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<table>
<thead>
<tr>
<th>Ages 11 – 14</th>
<th>4:30pm (90 min.)</th>
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</table>

<table>
<thead>
<tr>
<th>CP Selects Invite Only Ages 5 – 7</th>
<th>4:45pm (75 min.)</th>
<th>3:45pm (75 min.)</th>
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</thead>
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<table>
<thead>
<tr>
<th>CP Skills Academy U6</th>
<th>12:00pm (90 min.)</th>
<th>9:00am (90 min.)</th>
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<tbody>
<tr>
<td>U7</td>
<td>9:00am (90 min.)</td>
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<thead>
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<th>U8, U9</th>
<th>10:30am (90 min.)</th>
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<tbody>
<tr>
<td>U10, U11</td>
<td>12:00pm (90 min.)</td>
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</tbody>
</table>

*Children must be potty-trained
*Last five weeks are at 9:00am. Starting May 8 – June 5, 2018.

According to coach Ron: “SOCCER IS A WAY OF LIFE!”

CHELSEA PIERS SOCCER CLUB Invite Only

Travel Team (U9 to U18)

Dates: March 17 – June 17, 2018

This spring, the Chelsea Piers Soccer Club (CPSC) will field travel teams in U9 to U18 age divisions. CPSC teams will compete in the Junior Cosmopolitan League. The teams will have two practices and one game per week.

For more information, please contact Soccer Director, Ron Restrepo at 212.336.6500 ext. 6554.

SUMMER 2017 ELITE SOCCER CAMP

Ages: 9 – 14

Dates: June 18 – 22, 2018  
June 25 – 29, 2018  
August 20 – 24, 2018  
August 27 – 31, 2018

Time: 8:30am – 4:00pm

The Chelsea Piers Elite Soccer Camp is the perfect way for individual players or teams to take skills and fitness training to the next level. Campers improve through skill sessions, small-sided matches and scrimmages. Athletes utilize the indoor turf fields at the Field House and the outdoor turf field at Chelsea Waterside Park while learning from our world-class coaching staff.

Register online at chelseapiers.com/camps.
These special classes are designed to promote challenging physical activity and structured skills development for active kids who are not interested in team sports.

**Gymjitsu**
**Ages:** 4 – 8  
**Dates:** January 22 – June 11, 2018  
**Length:** 60 minutes  
**Price:** $680 (18 classes)

Gymjitsu incorporates the strength and coordination of gymnastics with the speed and concentration of the martial arts. Class includes basic tumbling, trampoline and introductory defensive/offensive maneuvers of the martial arts.

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<tbody>
<tr>
<td>4-5 yrs.</td>
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<tr>
<td>5-8 yrs.</td>
<td>3:45pm</td>
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</table>

**Fun Fit**
**Ages:** 6 – 12  
**Dates:** January 22 – June 11, 2018  
**Length:** 60/75 minutes  
**Price:** $680 (60 min.) = 1 class/wk. (18 classes)  
$745 (75 min.) = 1 class/wk. (18 classes)

This class is designed to combine FUN with FITNESS! Kid-friendly muscle toning and cardio exercises have been developed using a variety of equipment and activities in the gymnasium area. The focus is on encouraging and motivating kids while introducing them to fun new ways to exercise. This class is ideal for developing active children by combining strength, cardio, flexibility and rock climbing activities that offer a firm foundation for future physical fitness.

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<thead>
<tr>
<th></th>
<th>MON</th>
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<th>SAT</th>
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<td>6-8 yrs.</td>
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<td>9-12 yrs.</td>
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<td>6-12 yrs.</td>
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**NEW! Youth Running Club**
**Ages:** 8 – 10 years  
**Dates:** April 10 – June 5, 2018 (9 weeks)  
**Length:** 60 minutes  
**Cost:** $340

This club encourages girls and boys to enjoy the act of movement and exercise through running and basic cardiovascular activities. They learn and understand how to use their own body as a way of exercising.

<table>
<thead>
<tr>
<th></th>
<th>TUE</th>
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<tbody>
<tr>
<td>6-12 yrs.</td>
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Receive a 10% discount on additional gymnastics, dance, fitness, stunts & skills or rock climbing classes per week, not including registration fee.
ROCK CLIMBING
Dates: January 23 – June 10, 2018
Length: 60 minutes
Price: $680 (18 classes)

Parent/Child Rock
Ages: 5 – 7
Looking for a great way to spend time with your son or daughter while getting a great workout? Our new Parent/Child rock climbing program is the perfect class. Our expert instructors teach parents belaying techniques and provide all instruction, while kids learn to scale new heights. Focus is on teaching proper technique in a fun, supportive environment. Climbing games and contests are introduced throughout the semester.

Rock Adventure
Ages: 7 – 9
An introduction to the basics of rock climbing, including equipment usage, safety on the wall, bouldering and climbing. This beginner class focuses on fun while playing games on the wall and the spider rope.

Chelsea Climbers
Ages: 10+
This intermediate program provides an overview of the fundamentals of climbing. Students progress into learning climbing knots, tying techniques, complex foot and hand techniques, heel hooking, crimping and dead pointing.

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<tr>
<th></th>
<th>TUE</th>
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<td>PARENT/CHILD ROCK</td>
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<td>Ages 5 – 7</td>
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<td>ROCK ADVENTURE</td>
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<td>CHELSEA CLIMBERS</td>
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ROCK-N-ROLL SESSIONS
Ages: 5 – 16
Length: 90 minutes
Price: $32 per session
Expert instructors lead groups through 45 minutes of gymnastic activities and 45 minutes of rock climbing. Space is limited. You may reserve up to four spaces. All phone reservations require payment via credit card and are non-refundable and non-transferable.

Sessions are offered on the weekends and during school holidays. Specific weekend and holiday schedules are posted weekly at chelseapiers.com/fh.

OPEN YOUTH ROCK CLIMBING
Ages: 5 – 9
Length: 60 minutes
Price: $30 per session
Our Open Youth Rock Climbing sessions are perfect for those students interested in trying their climbing skills on our state-of-the-art rock wall. Instructors provide all equipment, teaching and supervision. Students may come once or consistently all semester. Students must pre-register on the day they wish to attend. Space is limited.

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For schedule information and to reserve a spot, please call 212.336.6500 ext. 0 today.
**BASEBALL**

**Tee Ball**
*Ages: 3 - 5 years*
*
**Dates:** February 27 – June 5, 2018
**Length:** 60 minutes
**Cost:** $520 (14 weeks)
Tee Ball is an ideal introduction to baseball and softball for younger players. Tee Ball helps children develop the primary baseball skills of hitting, running, fielding and throwing. Players learn the basic rules of the game while becoming enthusiastic about the sport.

**CP Sluggers**
*Ages: 5 - 8 years*
*
**Dates:** January 27 – May 5, 2018
**Length:** 60 minutes
**Cost:** $520 (14 weeks)
This clinic covers hitting, throwing, pitching and catching fundamentals, while introducing level-appropriate game strategy. With a low student-to-teacher ratio, our weekend baseball clinic is perfect for the serious player as well as the beginner. The first 8 classes are in the cages and the last 6 classes are on the indoor turf fields.

**After-School Training Clinic**
*Ages: 5 - 11 years*
*
**Dates:** January 25 – June 7, 2018
**Cost:** $605 60 minutes (18 weeks)
$630 75 minutes (18 weeks)
This after-school baseball clinic is designed to help new players learn the fundamentals of hitting, throwing and fielding while helping more experienced players enhance their skills. Classes utilize the batting cages and turf fields to maximize learning.

**CP Bombers Hitting Clinic**
*Ages: 8 - 12 years*
*
**Dates:** January 27 – March 17, 2018
**Length:** 60 minutes
**Cost:** $335 (8 weeks)
This hitting clinic is designed to develop entry-level swingers into advanced sluggers and accelerate veteran-level hitters to their full potential. Coaches use collegiate and professional techniques to prepare players for the upcoming season.

**BASKETBALL**

**Little Dribblers Clinic**
*Ages: 3 - 5 years*
*
**Dates:** February 26 – June 11, 2018
**Length:** 60 minutes
**Cost:** $520 (14 weeks)
This preschool-level class offers an exciting and fun introduction to the game. Boys and girls learn the basic skills of passing, dribbling and shooting through a variety of games and activities designed to enhance muscle coordination, body movement and strength, as well as promote sportsmanship and teamwork. The semester ends with spirited full-court contests.

**Saturday Clinic**
*Ages: 5 - 10 years*
*
**Dates:** January 27 – June 9, 2018
**Length:** 75 minutes
**Cost:** $565 (18 weeks)
Through repetitive drills and individualized instruction, children learn the game and master fundamentals. Players are divided according to age and skill level (beginner or intermediate). The semester includes half-court and full-court contests showcasing each player’s progress.

**CP Blue Chips** *Invite Only*
*Ages: 6 - 8 years*
*
**Dates:** January 27 – June 9, 2018
**Length:** 75 minutes
**Cost:** $610 (18 weeks)
This advanced level class is offered to prospective players of CP Evolution, the competitive travel team at Chelsea Piers. Players learn teamwork, fundamentals and game tactics. Coaches prepare players physically and mentally for potential placement on one of our competitive teams.

**Spring Tip Off**
*Ages: 5 - 10 years*
*
**Dates:** February 26 – June 11, 2018
**Length:** 75 minutes
**Cost:** $520 (14 weeks)
Individual players are invited to join our dynamic youth basketball clinics. Through repetitive drills and individualized instruction, children learn the game and master fundamentals. Players are divided according to age and skill level (beginner or intermediate).
Travel Basketball
Ages: 8 - 13 years
Our competitive travel program offers a playing opportunity unlike any other in New York City. Program includes up to 2 weekly practices, competition travel leagues and AAU tournaments (September – June). For details, please call Bernard Blanda at 212.336.6500 ext. 6556 or e-mail blandb@chelseapiers.com.

CP All Team Sports
Ages: 5 - 8 years
Dates: January 28 – June 11, 2018
Length: 75 minutes
Cost: $620 (18 weeks)
$600 (17 weeks)
CP All Team Sports offers fundamental instruction in the sports of basketball, baseball, soccer, football, floor hockey and rock climbing. Our experienced coaches take students through the proper techniques of running, dribbling, shooting, throwing, hitting, catching, climbing and kicking. Students receive a well-rounded introduction to the wonderful world of team sports.

Micro-Sports Little Athletes
Ages: 3 - 5 years
Dates: January 22 – June 11, 2018
Length: 60 minutes
Cost: $580 (18 weeks)
Preschoolers are introduced to a variety of sports including soccer, rock climbing, tee ball, tennis, basketball and field games while focusing on the fun of movement, teamwork, sportsmanship and muscle coordination.

Little Aces Tennis
Ages: 5 - 7 years
Length: 60 minutes
Cost: $605 (18 weeks, Jan. 28 - Jun. 10, 2018)
$490 (13 weeks, Mar. 7 - Jun. 6, 2018)
This exciting tennis class is for children looking to become the next Roger Federer or Serena Williams. Players learn basic tennis skills while developing proper technique and simple tactics. Classes are held on our basketball courts and utilize our new tennis nets, racquets and balls.

Flag Football
Ages: 7 - 10 years
Dates: January 23, 2018 – June 7, 2018
Length: 60 minutes
Cost: $610 (18 weeks)
Whether your child is a Giants or Jets fan, our exciting flag football class is the perfect outlet for his or her football passion. This program provides an introduction to the game of football in a fun and dynamic environment. Classes consist of skill development and game play.

NEW! Volleyball
Ages: 8 - 10 years
Dates: March 2 – June 8, 2018
Length: 60 minutes
Cost: $520 (14 weeks)
$490 (13 weeks)
This exciting new Volleyball class is designed to teach the fundamentals of volleyball and develop the proper technique and skills needed to play the game.
**Toddler Series**

**Dates:** January 22 – June 11, 2018  
**Length:** 50 minutes  
**Price:** $635 (18 classes)

Children are placed in classes based on age as of 2/1/18. Parent/caregiver participation (maximum 1 parent/caregiver) and enthusiasm is required in each of our toddler classes.

**Tiny Tots** (Ages 12 – 24 months)  
**Tumblin’ Tots** (Ages 25 – 40 months)

Our Toddler Series is designed to incorporate the earliest aspects of physical fitness and primary development for children ages 12 – 40 months. Using creative play and nurturing instruction, caregivers and their toddlers are introduced to the magic of movement in gymnastics. Our fantastic facility provides access for the tiniest hands and feet to explore gymnastics equipment sized just for them. Activities are developed with caregiver/child bonding in mind and are rooted in sound physical development of small, but growing bodies. As toddlers progress through the series, their physical and social confidence grows towards readiness for our Little Athletes Preschool Series.

**Preschool Series**

**Dates:** January 22 – June 11, 2018  
**Length:** 50 minutes  
**Price:** $635 (18 classes)

Children are placed in classes based on age as of 2/1/18. All children must be potty-trained.

**Acro-Kats** (Age 3)  
**Gym-Tigers** (Ages 4 – 5)

Our Preschool Series begins our first separation classes. Children enter the gym with their instructor, while parents and caregivers watch from our mezzanine. Gymnastics provides physical learning for the whole body through basic skill progression, allowing children to work on coordination, strength, balance, spatial awareness, flexibility and more. Each class in the series offers age-appropriate curriculum and structures. Our instructors nurture young athletes as they learn to participate in a group setting while providing appropriate challenges to each child for a great sense of accomplishment.

**Future Stars Invite Only**

**Ages:** 3.5 – 4.5  
**Dates:** January 22 – June 11, 2018  
**Length:** 75 minutes  
**Price:** $745 (18 classes)

Future Stars is designed for children with previous gymnastics experience who have demonstrated talent and the desire to continue at a more challenging level. Children are selected and evaluated for placement by Chelsea Piers’ senior coaching staff.

\*Children must be potty-trained

**WHICH CLASS IS APPROPRIATE FOR MY 3-YEAR-OLD?**

Both the Tumblin’ Tots class and Acro-Kats classes are offered for this age group. Acro-Kats is for children ready to enter the gym on their own, follow directions from the instructor and keep up with the class. Some young 3-year-olds need a little more time in the gym with a caregiver before moving into our Acro-Kats class. For them, the Tumblin’ Tots class provides a place for gentle separation and a terrific gymnastics experience. The goal is to build their confidence and move them toward independence in the gym. Specific separation goals and guidelines will be determined by the instructor, as the session progresses for this age group. An adult must accompany each child to all Tumblin’ Tots classes, but no parents are able to join on Acro-Kats classes.

**Future Stars**

Future Stars is designed for children with previous gymnastics experience who have demonstrated talent and the desire to continue at a more challenging level. Children are selected and evaluated for placement by Chelsea Piers’ senior coaching staff.

\*Children must be potty-trained

**Also Check Out Our**

**COMBO CLASS**

**Flip-N-Kick**  
**Ages 3 – 5**

See page 6.

**Receive a 10% discount on additional gymnastics, dance, fitness, stunts & skills or rock climbing classes per week, not including registration fee.**
CHAMPS DROP-IN PACKAGES

For added flexibility, consider our Champs drop-in packages! These packages can be used to supplement current Champs class registration or for those needing more flexibility in scheduling.

- 5-Session Card = $360
- 10-Session Card = $645

- Cards may be used for any Champs class
- All cards expire at the end of the spring semester
- Cards are non-refundable, non-transferable
- All card holders must reserve child’s spot for specific dates 24 hours in advance
- No make-ups available once space is reserved

Great deal for sports instruction plus child care! Ask us about health club memberships, so you can work out, too.
**YOUTH PROGRAMS**

**GYMNASTICS**

*Receive a 10% discount on additional gymnastics, dance, Fitness, Stunts & Skills or rock climbing classes per week, not including registration fee.*

**Developmental Gymnastics**

**Ages:** 5 – 16  
**Dates:** January 22 – June 11, 2018  
**Price:**  
- $680 = 60 min. (18 classes)  
- $745 = 75 min. (18 classes)  
- $810 = 90 min. (18 classes)  
- $990 = 120 min. (18 classes)

**GIRLS OLYMPIC EVENTS:** Vault, Uneven Parallel Bars, Trampoline, Balance Beam and Floor Exercise.

**BOYS OLYMPIC EVENTS:** Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, Horizontal Bar and Trampoline.

See schedule on page 15.

**Hot Shots Invite Only**

**Ages:**  
- Girls 4 – 5 (90 min.)  
- Boys 4.5 – 6 (75 min.)

**Dates:** January 22 – June 11, 2018  
**Price:**  
- 90 min. = $810 (18 classes)  
- 75 min. = $745 (18 classes)

Our Hot Shots program is designed to draw upon students’ natural abilities and enthusiasm for gymnastics. Our curriculum both inspires and challenges students to develop a strong foundation of and technique for development in gymnastics. Students are selected for this program by Chelsea Piers senior Coaching staff.

*Two classes per week is recommended.*

**WHICH CLASS IS APPROPRIATE FOR MY GYMNAST?**

**Beginner/Advanced Beginner**  
Instruction and practice of a range of basic skills on each apparatus. Students progress at their own pace with constructive feedback and positive encouragement. No previous experience or skill requirements.

**Intermediate**  
While continuing to master basic skills, students are introduced to new skill challenges on each apparatus. Minimum skill requirements: backward roll, handstand, forward roll, straight cartwheel, bridge kick over and pull over on the bars.

**Advanced Training**  
For advanced level students who have been pre-screened by our team coaches. This is the perfect class for students with the athletic talent and experience to become a competitive gymnast, but are unable to commit to a multiple day program. Minimum skill requirements: good round-off, back hip circle, front limber, back handspring, handstand on beam, under swing dismount.

**Xcel Team Program**

**Ages:** 8 - 15 years (Girls, Invite Only)

**Dates:** September 7 – June 11, 2018  
**Length:** 150 - 180 minutes

Depending on your child's level, schedule and pricing will vary. Levels include Silver, Gold, Platinum and Diamond. For more information, please call the Registration Desk at 212.336.6520.

This program provides advanced level girls with competitive experiences. Team members train two-three days per week depending on their level. Gymnasts prepare skills for competition in USA Gymnastics’ Xcel Program. A limited number of competitions will be scheduled locally between January and June. Xcel follows the Youth Class Calendar. Additional workouts may be available during breaks. Additional costs for competition, uniform and USA Gymnastics membership will apply. Xcel applications are typically accepted during the Fall semester.

**MON & WED**  
4:45-7:45pm (Gold, Platinum & Diamond)

**TUE & THU**  
4:45-7:15pm (Silver & Gold Levels)

**SUN**  
9:00-11:30am (Required for Platinum, Diamond, optional for Silver/Gold)

**USAG COMPETITIVE TEAMS**

Chelsea Piers is the only gymnastics school in New York City that offers USAG competitive teams for boys and girls from beginner through elite. One of the most successful programs in the region, Chelsea Piers consistently places gymnasts in State, Regional and National competitions. For more information, please call 212.336.6520.
## Developmental Gymnastics Schedule

### Girls Classes

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<tr>
<th>Age 5</th>
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<td>Hot Shots (90 min.)</td>
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### Ages 6 – 7

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<th>Beginner/Adv. Beginner (60 &amp; 75 min.)</th>
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### Boys Classes

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DANCE

Ages: 3 - 7 years
Dates: January 22 – June 11, 2018
Length: 50 minutes = 3 - 4 years
60 minutes = 5+ years
Cost: $490 = 1 class/wk. (18 classes)

Receive a 10% discount on additional classes per week, not including registration fee.

O = Children must be potty-trained

Ballet
Ages: 3 - 7
Introductory ballet classes combine dance and rhythm games, props, imagery and storytelling, as well as basic ballet positions and movement. Through creative movement exploration, students enjoy the many physical and social benefits of group dance.

Just Dance!
Ages: 3 - 6
Through a wide array of activities students build a solid foundation of rhythm and musicality while being introduced to a variety of dance styles such as Ballet, Jazz, Hip-Hop and Modern.

Hip-Hop
Ages: 3 - 6
This class allows students to express themselves in a creative environment. Starting with an energetic warm up, movement games, choreography and improvisation.

DANCE SCHEDULE

<table>
<thead>
<tr>
<th>BALLET</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 3 - 5 (50 min.)</td>
<td>3:30pm</td>
<td>4:30pm</td>
<td>–</td>
<td>–</td>
<td>9:30am</td>
</tr>
<tr>
<td>Ages 5 - 7 (60 min.)</td>
<td>5:30pm</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>11:30am</td>
</tr>
<tr>
<td>JUST DANCE!</td>
<td>Ages 3 - 7 (50 min.)</td>
<td>3:30pm</td>
<td>4:30pm</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>HIP-HOP</td>
<td>Ages 3 - 6 (50 min.)</td>
<td>–</td>
<td>–</td>
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<td>–</td>
</tr>
</tbody>
</table>

NEW YOGA
Ages: 3 - 6 years
Dates: Jan. 24 – Jun. 6, 2018
Length: 50 minutes = 3 - 4 years
60 minutes = 5+ years
Price: $490 = 1 class/wk.
(18 classes)

This class will incorporate creative and playful ways for children to exercise. Instructors will use a variety of poses and stretches to promote strength, flexibility, coordination and balance. Children will also learn breathing and visualization techniques to increase focus and relaxation.

<table>
<thead>
<tr>
<th>MON – THU</th>
<th>FRI</th>
<th>SAT &amp; SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30am</td>
<td>9:30am</td>
<td>9:00am</td>
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<tr>
<td>–12:00pm</td>
<td>–12:00pm</td>
<td>–12:00pm</td>
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<tr>
<td>1:00pm</td>
<td>1:00pm</td>
<td>1:00pm</td>
</tr>
<tr>
<td>–5:00pm</td>
<td>–5:00pm</td>
<td>–5:00pm</td>
</tr>
</tbody>
</table>

Batting Cages & ProBatter® Simulator
Cost: Cages: $3/10 pitches
       Simulator: $6/16 pitches

Our four state-of-the-art batting cages offer fast, medium and slow pitch softball and baseball. Customers may purchase tokens or rent the cages. The Field House also offers private instruction. The ProBatter® Simulator is available at the Field House!

Schedules subject to change, please call 212.336.6500 ext. 0 to confirm.

Toddler Gym
Ages: 6 months - 4 years
Cost: $12 = single session
      $50 = 5-session card
      $150 = Unlimited Monthly

Our Toddler Gym focuses on fun through movement as youngsters crawl, roll, jump and explore. Children participate with a parent or caretaker in an open play environment perfect for learning, adventure and fun.

Batting Cages & ProBatter® Simulator

Also check out our PARKOUR DROP-IN CLASS for teens ages 12-16 years.
(See page 8 for details.)

Tuesdays
3 - 4 yrs. 3:45pm (50 min.)
4 - 6 yrs. 4:45pm (60 min.)
SPECIALTY CAMPS

All-Star Saturday Sports Camp
Ages: 6 - 11 years
Dates: January 27 – May 12, 2018
Hours: 12:30pm - 3:30pm
Cost: $795 (15 weeks)

At Manhattan’s most comprehensive sports facility, young athletes have the opportunity to learn a variety of sports from expert, caring instructors. The Saturday Camp curriculum focuses on teaching the fundamentals of soccer, basketball, baseball, gymnastics and rock climbing. It also encourages young athletes to develop competence, gain self-confidence and discover the fun of sports. In addition to the core curriculum, campers have the opportunity to ice skate, golf and bowl. Campers must turn 6 by February 1, 2018.

School Break Camps:
Multi-Sport, Gymnastics & Ninja
Ages: 5 - 12 years
Hours: 8:45am – 3:30pm
Early Drop-off (8:00am) and After-Care (5:30pm) Options Available

Please select either Multi-Sport or Gymnastics. Multi-Sport Camp includes soccer, basketball, baseball, flag football and more. On designated days, campers also have access to other world-class facilities at Chelsea Piers, including the Golf Club, Sky Rink and Bowlmor.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATE</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>I: Thanksgiving</td>
<td>Nov. 24  Multi-Sport Only</td>
<td>$140/day</td>
</tr>
<tr>
<td>II: Winter Break Min. of 2 days</td>
<td>Dec. 26 - 29 &amp; Jan. 2 - 5</td>
<td>$140/day $610 (5 days)</td>
</tr>
<tr>
<td>III: Presidents’ Week Min. of 2 days</td>
<td>Feb. 19 - 23</td>
<td>$140/day $610 (5 days)</td>
</tr>
<tr>
<td>IV: March Break I Min. of 2 days</td>
<td>Mar. 19 - 23</td>
<td>$140/day $610 (5 days)</td>
</tr>
<tr>
<td>V: March Break II Min. of 2 days</td>
<td>Mar. 26 - 30</td>
<td>$140/day $610 (5 days)</td>
</tr>
<tr>
<td>VI: April Break Min. of 2 days</td>
<td>Apr. 2 - 6 Gymnastics Only</td>
<td>$140/day $610 (5 days)</td>
</tr>
</tbody>
</table>

Additional Cost/day Cost/wk
Early Drop-off (8:00am) $25 $100
After-Care (5:30pm) $25 $100

Refunds (less a $30/day deposit) will be granted up to one week prior to the first day of School Break camps. After that day, no refunds or make-up sessions will be offered for days missed.

Little Athletes
School Break Camp
Ages: 3 - 5 years
Hours: 9:00am – 12:00pm
Extended Day Option to 1:20pm

Children are invited to join our dynamic and experienced teachers for our Little Athletes School Break Camp. Choose from 2 - 5 days per week each camp session. Gymnastics instruction is offered daily, while other activities, including rock climbing, arts & crafts, soccer and dance, vary day to day. Children must have turned 3 prior to attending camp and must be toilet-trained.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DATE</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>I: Winter Break Min. of 2 days</td>
<td>Dec. 26 - 29 Jan. 2 - 5</td>
<td>$80/day $360 (5 days)</td>
</tr>
<tr>
<td>II: Presidents’ Week Min. of 2 days</td>
<td>Feb. 19 - 23</td>
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<td>V: April Break Min. of 2 days</td>
<td>Apr. 2 - 6 Gymnastics Only</td>
<td>$80/day $360 (5 days)</td>
</tr>
</tbody>
</table>

Extended Day Option
Campers stay in the Field House until 1:20pm for lunch and additional play. Just pack lunch, and we’ll take care of the rest.

Extended Day Option Cost/day
Additional Fee $25

“Chelsea Piers is a universe unto itself, a brave and shiny — and enormous — new world of sports.”
— NY Family Magazine
Located in the Field House, CP Kids is a sunny and spacious early learning center for children ages 3 months to 5 years.

Our dynamic infant/toddler program for children 3 months to 2.6 years offers families a warm, nurturing and loving second home. Experienced teachers create a fun, active, hands-on curriculum while teaching important socialization skills.

CP Kids also offers preschool for children 2.7 to 5 years of age. Our learning environment is carefully planned to offer children multiple opportunities to learn and grow physically, socially and cognitively.

Curriculum for all age groups includes three days of music per week and multiple sports opportunities throughout each week.

8:00am - 6:00pm or 9:00am - 3:30pm
2, 3 or 5 days/week

For more information, please call 212.336.6500 ext. 6573 or visit chelseapiers.com/cpkids.

Looking for a better way to give your child a first-class after-school experience while you work?

CP-After-3 is our dynamic after-school program, designed to provide reliable, responsible, safe and engaging child-care, while also offering the best sports and arts curriculum in the city.

CURRICULUM
Our experienced teachers pick up children in grades K-3 from school and bring them to the Field House. Students are given a healthy snack, unwind from a long day of school, receive homework assistance and then participate in the sport classes of their choice.

PICK UP/TRANSPORTATION
In Spring 2018, CP-After-3 will pick up at the following schools:
P.S. 3 • P.S. 11 • P.S. 33 • P.S. 41 • Corlears • Avenues and other local schools. Students walk with teachers to Chelsea Piers (maximum ratio of 5:1). Parents pick up children from the Field House between 5:45pm and 6:15pm.

PROGRAM OPTIONS
Fall & Spring semesters available. Choose 2, 3 or 5 days per week.

For more information and pricing, please call Bernard Blanda at 212.336.6500 ext. 6556.

One-Day Camps at Chelsea Piers are the perfect option to keep your kids active, happy and healthy when school lets out. Camps offered include Gymnastics and Multi-Sport camps for 3 - 12 year olds, and Basketball and Soccer Clinics for 6 - 12 year olds.

Rosh Hashanah • Columbus Day
Election Day • Veterans Day
Thanksgiving Friday • MLK Day

For more information and pricing, please call the Registration Office at 212.336.6520.
**YOUTH PROGRAMS**

**The Field House at Chelsea Piers**

**Junior Golf After-School & Weekend Instruction**

Instructional programs available for young golfers ages 4 and up

Tuesdays, Wednesdays, Thursdays, Saturdays and Sundays

**Also Available**

Private Lessons
Junior Golf Summer Camp
Performance Golf Summer Camp

For more information, please call 212.336.6400 or visit chelseapiers.com/golf.

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**AT SKY RINK**

**Figure Skating & Ice Hockey**

LEARN TO SKATE
Tots, Children, Adults

FIGURE SKATING
Freestyle, Junior Prep, Elite Prep

HOCKEY PREP
Youth & Adult

CLINICS & CAMPS
Figure Skating, Hockey

GENERAL SKATING

For more information, please call 212.336.6100 or visit chelseapiers.com/sr.

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**AT THE GOLF CLUB**

**Junior Golf**

Instructional programs available for young golfers ages 4 and up

Tuesdays, Wednesdays, Thursdays, Saturdays and Sundays

**Also Available**

Private Lessons
Junior Golf Summer Camp
Performance Golf Summer Camp

For more information, please call 212.336.6400 or visit chelseapiers.com/golf.
Birthday parties at the Field House are action-packed, entertaining and hassle-free. Our professional, experienced and super-fun staff help plan the party, arrange catering, lead the activities and games, serve the food and clean up afterwards. All equipment (including electronic scoreboards on soccer and basketball courts) is included.

**PARTY OPTIONS**

**Ages: 1 - 4 years**
- Toddler Gym (1-3 yrs.)
- Tots Gymnastics (3-4 yrs.)
- Ultimate Tykes Challenge (3-4 yrs.)

**Ages: 5 - 12 years***
- Basketball
- Baseball
- Floor Hockey
- Flag Football
- Soccer
- Rock Climbing
- Floor Hockey
- Soccer
- Flag Football
- Dodgeball
- Ultimate Birthday Challenge

*Some activities can be combined for a totally unique party experience.

**PARTY PACKAGES** In addition to providing the facility, the staff and the curriculum, we offer three party packages for maximum flexibility.

<table>
<thead>
<tr>
<th></th>
<th>ALL-INCLUSIVE</th>
<th>BASIC PLUS</th>
<th>BASIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balloons</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Paper goods</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Candles</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Pizza</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Beverages</td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Free online party invitations</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>from Paperless Post</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chelsea Piers t-shirt for</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Birthday child</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cake</td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Party favors for all party</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>guests</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coordination of additional</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>catering (cost not included)</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**PARTY SCHEDULE**

The Field House hosts birthday parties on Fridays, Saturdays and Sundays and on select holidays/school breaks throughout the year. All parties at the Field House are two hours. Guests enjoy 1 hour and 15 minutes of activities and 45 minutes of pizza, cake and refreshments in a separate party room or on a mezzanine.

For more information on birthday parties at the Field House, visit our chelseapiers.com/fhparty or call 212.336.6518.
SPECIAL EVENTS AT CHELSEA PIERS

Host your next event at Chelsea Piers! Our team of experienced event managers will guide you through every step of the planning process, and assist you with event details ranging from catering to entertainment. We will work with you to customize an event for your special occasion based on your preferences and budget, ensuring a memorable and fun event for you and your guests. Event options include:

- Bar & Bat MitzvaHS
- School Field Trips
- Team Building
- Corporate Outings
- Fundraisers
- Adult Birthday Parties
- Bachelor & Bachelorette Parties
- Sweet Sixteens
- Proms
- Engagement Parties
- Corporate Events
- Milestone Celebrations
- Bridal Showers
- Weddings

For more information or to book an event, call 212.336.6777 or visit chelseapiers.com/specialevents.
ADULT RECREATIONAL GYMNASTICS

Ages: 17+
Length: 90 minutes
Price: $32 = single class
       $220 = 10-class card
       $400 = 20-class card

Beginner
Students will focus on fundamental drills for basic tumbling (such as rolls, handstands, and handsprings). No prior gymnastics or tumbling experience required.

Intermediate
Intermediate students must be able to do either a front or back-handspring without a spot. Students will focus on perfecting and advancing their current skills.

Adult classes start with a group warm-up which includes conditioning, stretching and basic tumbling. After warm-up, students are divided into groups based on skill level.

Advanced
Advanced students require prior gymnastics or tumbling experience. Students must be able to complete handsprings and saltos without a spot. Students will focus on advanced tumbling skills, which may include use of the foam pit, TumbleTrak and trampoline.

Apparatus (All levels)
This class is open to all levels. After a warm-up and stretch, students receive instruction on various gymnastics equipment, such as pommel horse, rings, parallel bars, high bar, uneven bars, beam, and trampoline.

PARKOUR
Length: 90 minutes unless indicated.
Price: $25 = single class
       (Adult Class Card accepted)

This class combines aspects of Parkour and Free Running. Students learn to overcome obstacles through running, jumping, climbing, and the fundamental movements of Parkour (vaults, precisions, strides, rolls and more).
ROCK CLIMBING

ADULT RECREATIONAL ROCK CLIMBING

Ages: 17+
Dates: Year-round
Length: 120 minutes
Price: $25 = single class
       $180 = 10-class card
(Belay certification is available for an additional $10)

The Field House’s 23-foot-high indoor rock wall is perfect for both beginners and experienced climbers. All equipment is included.

<table>
<thead>
<tr>
<th>WED</th>
<th>THU</th>
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</thead>
<tbody>
<tr>
<td>7:30pm</td>
<td>7:30pm</td>
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</tbody>
</table>

Schedule is subject to change due to special events or holidays. Please call the Front Desk at 212.336.6500 ext. 0 to reserve a space on the morning of desired session. Class cards are non-refundable.

ADULT LEAGUES

For more information and to register, visit chelseapiers.com/fh.

BASKETBALL LEAGUES

Ages: 21+
Length: 10 games plus playoffs
Individual spots available for men and women.

3 Divisions: Men’s Recreational, Men’s Intermediate & Women’s Recreational

Start Dates (Tentative)

<table>
<thead>
<tr>
<th>WINTER</th>
<th>SPRING</th>
<th>SUMMER</th>
<th>FALL</th>
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</thead>
</table>

The Field House offers exciting basketball leagues for players of all levels. There are both men’s and women’s leagues, and you may join as an individual or a team. All games are played at the Field House.

Games consist of two, 22-minute halves of play with a 1-minute half-time and follow modified NCAA regulations. Team rosters include a minimum of 8 and a maximum of 12 players.

The team that wins the championship game receives one team trophy and a 50% discount on the entry fee for the next league season (valid for one year).

For more information, call Steven DiBlasi at 212.336.6500 ext. 6562.

SOCCER LEAGUES

Ages: 21+
Length: 8 - 12 games plus playoffs (Depending on season)

Divisions: Over 30 (Divisions 1 & 2), Intermediate Division (Divisions 1-4) and Co-ed.

Individual Registration Welcome

Start Dates (Tentative)

<table>
<thead>
<tr>
<th>WINTER</th>
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<th>SUMMER</th>
<th>FALL</th>
</tr>
</thead>
</table>

The Field House schedules games, provides referees, keeps standings, supplies game balls, and provides official league shirts. Team rosters include a minimum of 5 and a maximum of 15 players. Teams play 5-on-5, including the goalkeeper, and games consist of two, 25-minute halves of play (running clock), with a 2-minute half-time. The top teams per division advance to a single elimination playoff.

The team that wins the championship game receives one team trophy and a 50% discount on the entry fee for the next league season (valid for one year).

For more information, call the league director, David Gordon at 212.336.6500 ext. 6581.
THE FIELD HOUSE AT CHELSEA PIERS
Chelsea Piers - Pier 62
New York, NY 10011

THE FIELD HOUSE IS PROUD TO BE A MEMBER OF
positivecoach.org

chelseapiers.com/