WELCOME TO THE FIELD HOUSE

Dear Field House Families:

This semester, we are back at it again expanding our programs to include new sports and even more one-day camp dates.

We hope you’re as excited as we are for the upcoming Fall! I’d love to hear your feedback and suggestions on our class and camp offerings.

Sincerely,

Debbie Gleicher
General Manager

HIGHLIGHTED PROGRAMS

NEW YOUTH RUNNING CLUB (Ages 8 – 10 years)
The Youth Running Club is taught by former NCAA Division One runner, Coach Lindsay. This class encourages girls and boys to enjoy the act of movement and exercise through running and basic cardiovascular activities. Students learn and understand how to use their own body as a way of exercising.

NEW CPSC SELECTS (Ages 6 – 9 years)
The new CPSC Selects Program is a year-long, invite only program, focused around a structured training curriculum that allows players to learn and enjoy the game while fostering a positive and fun training environment. It is geared towards players who have shown a love for soccer and strong desire to compete at a higher level with other like-minded soccer players.

NEW INTRODUCTION TO MARTIAL ARTS
(Ages 6 – 10 Years)
Introduction to Martial Arts introduces basic martial art techniques derived from Muay Thai TaeKwonDo and Boxing. Students will develop their motor skills and body coordination needed to excel in the sport of Martial Arts.

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 up until the date of the third class of the semester. No refunds or credits will be given after this date. Requests for refunds must be submitted by email to fieldhouseclasses@chelseapiers.com.

TRIAL CLASSES
If you are unsure about enrollment, you may sign up for a trial class. However, no trials are allowed during the first two weeks of class. Trial classes are based on availability and are offered at a cost of $40 - $70 per class. Only one trial class offered per child.

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 times 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 in the same semester as your class.

THREE WAYS TO REGISTER

ONLINE | BY PHONE | IN PERSON
# 2018 FALL YOUTH CLASS SCHEDULE

## Important Dates
- **First Week of Classes:** Sep. 6 – 12
- **No Classes:** Nov. 22 – 25 / Dec. 22 – Jan. 4
- **Last Week of Classes:** Dec. 24 – 28
- **School Break Camps:** Nov. 25 / Dec. 25
- **Parent’s Week:** Jan. 14 – 20
- **Holiday Rock-N-Roll Sessions:** Columbus Day
- **School Break Camps:** Jan. 4
- **One-Day Camps:** See page 17.
- **Additional Rock-N-Roll sessions are available throughout the semester on weekends. See page 9.**

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## How to Register
You may register online, over the phone or in person.

212.336.6520 • chelseapiers.com/fh

The Field House will offer two special make-up days on January 3rd and 4th, 2019 for students who miss class due to Rosh Hashanah or Yom Kippur. Please call the Registration Office for more information.
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.

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.

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!
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.

Our state-of-the-art facilities allow athletes the opportunity to safely play and learn at the highest level. Our equipment is meticulously maintained and updated frequently. The Sports Development Classes described throughout this brochure are organized by sport. Below is a brief summary of the programs we offer by age:

**AGES 5 – 8 YEARS**

- All-Star Sat. Sports Camp 17
- Baseball 10
- Basketball 10 - 11
- CP All Team Sports 11
- Dance 16
- Flag Football: Ages 7 - 10 11
- Flip-N-Kick: Ages 3 - 5 6 - 7
- Fun Fit 8
- Gymjitsu: Ages 4 - 8 8
- Gymnastics – Boys & Girls 14 - 15
- Intro to Martial Arts: Ages 6 - 10 8
- Rock Climbing 9
- Running Club: Ages 8 - 10 8
- School Break Camps 17
- Soccer 6 - 7
- Micro-Sports 11
- Tennis: Ages 5 - 7 11
- Volleyball 11

**AGES 9 – 13 YEARS**

- All-Star Sat. Sports Camp (up to 11 yrs.) 17
- Baseball 10
- Basketball 10 - 11
- Fun Fit 8
- Flag Football (up to 10 yrs.) 11
- Gymnastics – Boys & Girls 14 - 15
- Intro to Martial Arts: Ages 6 - 10 8
- Parkour: Ages 12 - 16 8
- Rock Climbing 9
- Running Club: Ages 8 - 10 8
- School Break Camps 17
- Soccer 6 - 7
- Stunts & Skills 8

**AGES 13+ YEARS**

- Basketball 10 - 11
- Gymnastics – Boys & Girls 14 - 15
- Parkour 8
- Rock Climbing 9
- Soccer 6 - 7

**SCHOOL BREAK CAMPS**

See page 17.

**ALSO AVAILABLE**

- Birthday Parties 19
- Bar/Bat Mitzvahs & Special Events 20
- Rock-N-Roll Sessions 9
- Batting Cages 16

**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.
SOCCER

Micro-Soccer Tikes
Parent or caregiver participation required.

**Ages: 2 – 3**
(Must have turned 2 by September 1, 2018)

**Dates:** September 6 – January 19, 2019

**Length:** 60 minutes

**Price:** $565 (17 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

**Ages: 3 – 5**

**Dates:** September 6 – January 19, 2019

**Length:** 60 minutes

**Price:** $565 (17 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

**Ages: 3 – 5**

**Dates:** September 6 – January 17, 2019

**Length:** 90 minutes

**Price:** $790 (17 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:** September 6 – January 17, 2019

**Length:** 60 or 90 minutes

**Price:**
- $590 = 60 minutes (17 classes)
- $690 = 90 minutes (17 classes)
- $530 = 90 minutes (13 classes)
- $420 = 60 minutes (12 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, receiving and goal keeping. Full and half-field training games are played throughout the semester to provide players with match experience.

CP Skills Academy

**Ages:** 5 – 11

**Dates:** September 8 – November 18, 2018

**Length:** 90 minutes

**Price:** $490 (11 classes)

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 class consists of 45 minutes of training and 45 minutes of scrimmages and short-sided games.

CPSC Selects

**Ages:** 6 – 9

**Dates:** September 6 – June 10, 2019

**Price:** $1,800

This year-long program is focused around a structured training curriculum that allows players to learn and enjoy the game while fostering a positive and fun training environment. It is geared towards players who have shown a love for soccer and strong desire to compete at a higher level with other like-minded soccer players.

Make-ups are not available for CPSC Selects.
SOCCER SCHEDULE  60 minutes, unless otherwise indicated

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Children must be potty-trained **Moves to Friday in January 2019.

COLUMBUS DAY CLINIC
Ages:  6 - 12 years
Date:  October 8, 2018
Time:  9:00am – 3:30pm
Cost:  $140

Come join us for this exciting one-day soccer clinic. Participants receive individual instruction and learn advanced team tactics. Short-sided scrimmages and competitions will be held. Lunch is included. For more information, please call 212.336.6520.

YOUTH SOCCER LEAGUE
The ideal setting for teams and individuals to compete during the indoor season. The score is kept for all games, but standings are maintained only for the Competitive Division. Please contact Ron Restrepo at 212.336.6500 ext. 6554 or rrestrepo@chelseapiers.com.

Recreational Division
TEAMS & INDIVIDUALS
Ages:  6 - 14 years
Dates:  Dec. 1 – March 23, 2019 (Tentative)
Registration Deadline:  November 19
Costs:  $1,825 Team (10 games)
        $230 Individual (10 games)
Teams and individuals are invited to register for our recreational division in all age groups. Individuals will be placed on one of our house teams. Regular games played on Saturday.

U7, U8 and U9
10 Games • Saturdays, times TBD

U10, U12, U13 and U14
10 Games • Saturdays, Times TBD

Competitive Division
TEAMS ONLY
Ages:  9 - 18 years
Dates:  Dec. 2 – March 10, 2019 (Tentative)
Registration Deadline:  November 19
Cost:  $1,825 Team (10 games plus playoffs)
Teams only. Regular games are played on Sundays. Teams may also have one game per season on a Thursday or Friday afternoon. Some games will be played on Saturdays during holiday weekends.

U9, U10, U11, U12, U13, U14 and High School
10 Games plus playoffs
Sundays, times TBD

According to coach Ron: “SOCCER IS A WAY OF LIFE!”
FITNESS, STUNTS + SKILLS

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:** September 6 – January 17, 2019  
**Length:** 60 minutes  
**Price:** $665 (17 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.

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**Fun Fit**

**Ages:** 6 – 12  
**Dates:** September 8 – January 19, 2019  
**Length:** 60/75 minutes  
**Price:** $665 (60 min., 17 classes)  
$715 (75 min., 17 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 gymnastics 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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**Stunts & Skills**

**Ages:** 9 – 14  
**Dates:** September 8 – January 19, 2019  
**Length:** 90 minutes  
**Price:** $790 (17 classes)

This high intensity class combines tumbling, trampoline/parkour, free running/stunting and tricking. Led by stunt men and gymnastics experts, this class is ideal for children who desire fun and exciting physical challenges. Snowboarders, cyclists and in-line skaters are welcome.

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**NEW Intro to Martial Arts**

**Ages:** 6 – 10 years  
**Dates:** September 12 – January 16, 2019  
**Length:** 50 minutes  
**Price:** $665 (17 classes)

Introduction to Martial Arts introduces basic martial arts techniques deriving from Muay Thai Taekwondo and Boxing. Students will develop their motor skills and body coordination. This class focuses on character building and developing the skills necessary not only to excel in the martial arts but in everyday life. Throughout the term, students will improve focus, balance, self-control, and confidence.

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**Teen Parkour**

**Ages:** 12 - 16 years  
**Length:** 90 minutes  
**Cost:** $32 = Single session  
$130 = 5-session card

This class offers teens expert instruction in the movements of Parkour, including running, jumping, climbing and other acrobatic movements. Space is limited. Pre-registration and parent-signed waiver required. Visit chelseapiers.com/fh and click on “Drop-in Programs” for specific dates.
ROCK CLIMBING
Dates: September 6 – January 20, 2019
Length: 60 minutes
Price: $665 (17 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.

ROCK-N-ROLL SESSIONS
Ages: 5 – 16
Length: 90 minutes
Price: $32 per class
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: $32 per class
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.

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

Ages: 3 - 5 years
Dates: September 11 – November 27, 2018
Length: 60 minutes
Cost: $455 (12 classes)

Tee Ball is an ideal introduction to baseball for younger players. Tee Ball helps children develop the primary skills of hitting, running, fielding and throwing. Players learn the basic rules of the game while becoming enthusiastic about the sport. Coaches divide students according to age, experience and abilities.

CP Sluggers

Ages: 5 - 8 years
Dates: September 8 – January 19, 2019
Length: 60 minutes
Cost: $575 (17 classes)

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 11 classes are on the field and the last 6 classes are in the cages.

After-School Training Clinic

Ages: 5 - 11 years
Dates: September 6 – January 17, 2019
Cost: $575 (60 min., 17 classes)
$605 (75 min., 17 classes)

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: September 8 – November 17, 2018
Length: 60 minutes
Cost: $405 (11 classes)

This hitting clinic is designed to develop entry-level batters 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.

Little Dribblers Clinic

Ages: 3 - 5 years
Length: 60 minutes
Cost: $455 (12 classes)

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: September 8 – January 19, 2019
Length: 75 minutes
Cost: $545 (17 classes)

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: September 8 – January 19, 2019
Length: 75 minutes
Cost: $590 (17 classes)

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.

Fall Tip Off

Ages: 5 - 10 years
Dates: September 10 – November 27, 2018
Length: 75 minutes
Cost: $475 (12 classes)

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 bblanda@chelseapiers.com.

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**CP All Team Sports**
**Ages:** 5 - 8 years
**Dates:** September 9 – January 20, 2019
**Length:** 75 minutes
**Cost:** $605 (17 classes)
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.

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**Micro-Sports Little Athletes**
**Ages:** 3 - 5 years
**Dates:** September 9 – January 20, 2019
**Length:** 60 minutes
**Cost:** $565 (17 classes)
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.

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**Little Aces Tennis**
**Ages:** 5 - 7 years
**Length:** 60 minutes
**Cost:** $455 (12 classes, Sep. 12 - Nov. 28, 2018)
$575 (17 classes, Sep. 9 - Jan. 20, 2019)
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.

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**Flag Football**
**Ages:** 7 - 10 years
**Dates:** September 6 – January 17, 2019
**Length:** 60 minutes
**Cost:** $585 (17 classes)
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.

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**Volleyball**
**Ages:** 8 - 10 years
**Dates:** September 7 – November 30, 2018
**Length:** 60 minutes
**Cost:** $455 (12 classes)
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.
Little Athletes
GYMNASTICS

Toddler Series

Dates: September 6 – January 20, 2019
Length: 50 minutes
Price: $610 (17 classes)
Children are placed in classes based on age as of 9/6/18. 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 littlest 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.

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 Invite Only
Ages: 3.5 – 4.5
Dates: September 6 – January 19, 2019
Length: 75 minutes
Price: $715 (17 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.

Preschool Series

Dates: September 6 – January 20, 2019
Length: 50 minutes
Price: $610 (17 classes)
Children are placed in classes based on age as of 9/6/18. 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: September 6 – January 19, 2019
Length: 75 minutes
Price: $715 (17 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

Music & Movement

Ages: 6 – 14 months
Dates: Sep. 6 – Dec. 20, 2018
Length: 50 minutes
Price: $445 (15 classes)
No classes 11/22/18.

This new class provides engaging activities through live music and movement explorations and will utilize our spacious dance studios and Fit-4-Tots gym. Parent/caregiver participation is required.

NEW
TUMBLIN’ TOTS
EN ESPAÑOL

Mondays + Fridays
11:00am
Tubmin’ Tots sessions will be conducted in Spanish!
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 = $650

- 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.

### CHAMPS MULTI-SPORT PRESCCHOOL PROGRAM

**Ages: 3 – 5º**

**Dates:** September 6 – January 17, 2019  
**Length:** 3 hours  
**Price:** 1 day/wk. = $950 (17 classes)

Champs is the perfect athletic complement or alternative to preschool. Activities include gymnastics, trampoline, foam pit, rock climbing, dance, soccer and basketball. Children enjoy our wonderful arts & crafts and story time programs. Our student-to-teacher ratio remains small, ensuring personal attention and safety.

![Champs Multi-Sport Prechool Program](image)

**TUE | WED | THU**

| 9:00am | 9:00am | 9:00am |

**Additional Champs classes will be held at 9:00am on October 8, November 6, November 9 and January 21. Drop-in reservations available.**

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#### Little Athletes GYMNASTICS SCHEDULE

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<td><em>Invite Only</em></td>
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<td><em>Ages 3.5 – 4.5º</em></td>
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</tbody>
</table>

º = Children must be potty-trained  **Class conducted in Spanish

---

**Great deal for sports instruction plus child care!**

Ask us about health club memberships, so you can work out, too.
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 6 – June 10, 2019
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)
## DEVELOPMENTAL GYMNASTICS SCHEDULE

### GIRLS CLASSES

<table>
<thead>
<tr>
<th>Age</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<tbody>
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<td><strong>5</strong></td>
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<tr>
<td>All Levels (60 min.)</td>
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<tr>
<td><strong>Hot Shots (90 min.)</strong></td>
<td><strong>Invite Only</strong></td>
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<tr>
<td><strong>Ages 6 – 7</strong></td>
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<tr>
<td>Beginner/Adv. Beginner (60 &amp; 75 min.)</td>
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<tr>
<td><strong>Intermediate (75 &amp; 90 min.)</strong></td>
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<tr>
<td><strong>Ages 8 – 11</strong></td>
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<td>Beginner/Adv. Beginner (75 &amp; 90 min.)</td>
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<tr>
<td><strong>Intermediate (75 &amp; 90 min.)</strong></td>
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<tr>
<td><strong>Advanced Training (120 min.)</strong></td>
<td>4:45pm</td>
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<tr>
<td><strong>Ages 12+</strong></td>
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<tr>
<td>Beginner/Adv. Beginner (90 min.)</td>
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<tr>
<td><strong>Intermediate/Advanced (90 &amp; 120 min.)</strong></td>
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### BOYS CLASSES

<table>
<thead>
<tr>
<th>Age 5 – 6</th>
<th>MON</th>
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<th>THU</th>
<th>FRI</th>
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<tbody>
<tr>
<td>All Levels (60 min.)</td>
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<tr>
<td><strong>Hot Shots (75 min.)</strong></td>
<td><strong>Invite Only</strong></td>
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<tr>
<td><strong>Ages 7 – 9</strong></td>
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<td>Beginner/Adv. Beginner (60 min.)</td>
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<td><strong>Intermediate/Advanced (75 &amp; 90 min.)</strong></td>
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<td><strong>Ages 10+</strong></td>
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<tr>
<td><strong>Intermediate/Advanced (90 min.)</strong></td>
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DANCE

Ages: 3 - 8 years

Dates: September 6 – January 19, 2019

Length: 50 minutes = 3 - 4 years
60 minutes = 5+ years

Cost: $470 (17 classes)

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

✪ = 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 - 8

This class allows students to express themselves in a creative environment. Starting with an energetic warm up, movement games, choreography and improvisation.

DANCE SCHEDULE

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<thead>
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<th></th>
<th>MON</th>
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<tbody>
<tr>
<td>BALLET</td>
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JUST DANCE!

Ages: 3 - 6

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<th>MON</th>
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<tr>
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HIP-HOP

Ages: 3 - 8

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<th>MON</th>
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Schedules subject to change, please call 212.336.6500 ext. 0 to confirm.

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.

**DROP-IN ACTIVITIES**

<table>
<thead>
<tr>
<th></th>
<th>MON – THU</th>
<th>FRI*</th>
<th>SAT &amp; SUN*</th>
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<tr>
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<td>9:30am – 12:00pm</td>
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<td>1:00pm – 5:00pm</td>
<td>1:00pm – 5:00pm</td>
<td>1:00pm – 5:00pm</td>
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*Friday, Saturday & Sunday afternoon sessions are not always available. Please call in advance to check availability.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

— John F. Kennedy

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

**All-Star Saturday Sports Camp**  
**Ages:** 6 - 11 years  
**Dates:** September 8 – December 15, 2018  
**Hours:** 12:30pm - 3:30pm  
**Cost:** $795 (14 classes)

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 September 8, 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.

---

**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.

---

**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.**
CP KIDS

Preschool and Early Learning Center

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.

CP AFTER 3

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 Fall 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

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.

Yom Kippur • Rosh Hashanah • Columbus Day
Election Day • Veterans Day
Thanksgiving Friday • MLK Day • Lunar New Year

For more information and pricing, please call the Registration Office at 212.336.6520.
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
- Ultimate Birthday Challenge
- Gymnastics
- Rock Climbing
- Soccer
- Dodgeball

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

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

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-hand spring without a spot. Students will focus on perfecting and advancing their current skills.

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.

ADULT PARKOUR

Length: 90 minutes
Price: $28 = 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).

Whatever the sport—baseball, dance, dodgeball, gymnastics, kung fu, fencing, indoor soccer—it’s played here. Built into a light and airy industrial space on the Hudson River waterfront, the Chelsea Piers Field House has evolved into a mecca for recreational sports.

— Citysearch
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>
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<tbody>
<tr>
<td>7:30pm</td>
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</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

**BASKETBALL LEAGUES**

**Ages:** 21+

**Length:** 10 games plus playoffs

**Divisions:** Men’s Recreational & Intermediate

**Individual Registration Welcome**

**Start Dates** (Tentative)

<table>
<thead>
<tr>
<th>WINTER</th>
<th>SPRING</th>
<th>SUMMER</th>
<th>FALL</th>
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</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:** 6-12 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>
<th>SPRING</th>
<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.
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THE GOLF CLUB

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