

## ***KUNG FU - MONDAY***

3S – MONDAYS; 12:45PM-1:15PM; 15 SESSIONS; \$275  
PRE-K – MONDAYS; 2:15PM-2:45PM; 15 SESSIONS; \$275  
K-2ND – MONDAYS; 3:30PM-4:00PM; 15 SESSIONS; \$275

TINY TIGERS CLASSES OFFER A WIDE RANGE OF BENEFITS FOR ALL AGES AND ABILITIES. OUR STUDENTS DO MORE THAN SIMPLY IMPROVE THEIR PHYSICAL FITNESS, THEY WILL LEARN TO FOLLOW INSTRUCTION, BUILD SELF-ESTEEM, DEVELOP FOCUS AND CONTROL, DEVELOP BALANCE AND COORDINATION, LEARN SELF DEFENSE AND SELF AWARENESS, DEVELOP SOCIAL SKILLS AND TEAMWORK, AND MOST OF ALL HAVE TONS OF FUN.

## ***GOLF - MONDAY***

3S – MONDAYS; 12:30PM-1:00PM; 15 SESSIONS; \$475  
PRE-K – MONDAYS; 2:00PM-2:30PM; 15 SESSIONS; \$475  
K-3RD – TUESDAYS; 3:30PM-4:00PM; 15 SESSIONS; \$500

LITTLE BIRDIES MOBILE GOLF ACADEMY TEACHES KEY CHARACTER EDUCATION SKILLS THROUGH THE HISTORIC AND LIFE-LONG GAME OF GOLF. WE TEACH THE INTRICACIES OF THE WHOLE GAME OF GOLF, EVERYTHING FROM THE HISTORY OF THE GAME, TO THE SCORING, TO THE FULL-SWING, TO PUTTING, CHIPPING, ALL WHILE INCORPORATING A WHOLE LOT OF FUN! OUR LESSONS ALSO INCLUDE KEY CHARACTER TRAITS NEEDED FOR THE GAME OF GOLF AS WELL AS LIFE. OUR MISSION IS TO IMPACT THE LIVES OF THESE PRECIOUS LITTLE BIRDIES BY EXPOSING THEM TO A GAME THAT THEY WOULD NOT READILY PARTICIPATE IN, THUS, PROVIDING ANOTHER OPTION FOR THEIR SUCCESS ALL WHILE TEACHING AND MODELING KEY CHARACTER LESSONS THAT WILL IMPROVE HIM/HER AS A WHOLE.

## ***LEGO - TUESDAY***

3S – TUESDAYS; 12:30PM-1:15PM; 16 SESSIONS; \$300  
PRE-K – TUESDAYS; 2:00PM-3:00PM; 16 SESSIONS; \$325  
K-3RD – TUESDAYS; 3:30PM-4:30PM; 16 SESSIONS; \$325

BUILDING BRAINS TEACH STUDENTS TO BUILD SIMPLE MACHINES THAT REALLY WORK, WHILE BUILDING FINE MOTOR SKILLS AND CONFIDENCE. ELEMENTARY CLASSES ALSO MOTORIZE THEM USING LEGO AND K'NEX EDUCATIONAL KITS AND CURRICULUM WHILE BUILDING MATH AND SCIENCE SKILLS. USING THE NEWEST LEGO EDUCATIONAL KIT, STUDENTS CHALLENGE ONE ANOTHER TO CREATE, BUILD AND TEST THE BEST DESIGN. STUDENTS WILL LEARN WHY A MACHINE WORKS AND HOW TO MANIPULATE A MACHINE TO GO FASTER OR SLOWER. FINE MOTOR SKILLS, CRITICAL THINKING SKILLS; IMAGINATION, AND CONFIDENCE WILL INCREASE IN THIS FUN-FILLED CLASS ATMOSPHERE. WE TEACH DIVISION USING GEAR RATIOS.



## ***YOGA - TUESDAY***

2S – TUESDAYS; 12:15PM-12:45PM; 18 SESSIONS; \$280  
3S – TUESDAYS; 1:00PM-1:45PM; 18 SESSIONS; \$375  
PRE-K – TUESDAYS; 2:00PM-2:45PM; 18 SESSIONS; \$375  
K – 4TH – TUESDAYS; 3:30PM-4:30PM; 18 SESSIONS; \$400

YOGA IS A FUN AND PURPOSEFUL ACTIVITY WHERE CHILDREN DEVELOP FLEXIBILITY, FOCUS, AND COORDINATION FOR A HAPPY, HEALTHY, AND BALANCED LIFE. YOGA PROVIDES PHYSICAL AND EMOTIONAL HEALTH BENEFITS, AND CHILDREN HAVE A BLAST PUTTING TOGETHER DIFFERENT SEQUENCES, LEARNING BREATHING TECHNIQUES, PLAYING GAMES, DANCING, AND CREATING THEIR OWN YOGA ADVENTURES! WE ALSO FOCUS ON MINDFULNESS CONCEPTS SUCH AS DEVELOPING EMPATHY, PRACTICING GRATITUDE, QUIETING THE MIND, AND THE POWER OF POSITIVE THINKING. YOGA HELPS TO INCREASE CONFIDENCE, BUILD FOCUS, DEVELOP SELF-AWARENESS, AND RELEASE ENERGY.

## ***DANCE - WEDNESDAY***

2S & 3S – WEDNESDAYS; 12:15PM-1:00PM; 16 SESSIONS; \$400  
PRE-K – WEDNESDAYS; 2:00PM-2:45PM; 16 SESSIONS; \$400

TIPPI TOES USES MOVEMENT, BALANCE, AND BALLET IN A FUN, FRIENDLY, AND POSITIVE MANNER. OUR INSTRUCTORS KEEP THE MUSIC AND CURRICULUM MOVING ALONG WHILE ENCOURAGING, SUPPORTING, AND KEEPING LITTLE DANCERS ON TRACK. ELEMENTARY SCHOOL DANCERS WILL ENJOY BEING SILLY, USING THEIR IMAGINATION, AND HAVING FUN WITH THEIR FRIENDS. ORIGINAL HIGH-ENERGY MUSIC IS USED TO ENSURE DANCERS ARE LEARNING AND MOVING THROUGHOUT THE ENTIRE DANCE CLASS.

## ***SOCCER - WEDNESDAY***

2S – WEDNESDAYS; 12:15PM-12:45PM; 16 SESSIONS; \$300  
3S – WEDNESDAYS; 1:00PM-1:45PM; 16 SESSIONS; \$300  
PRE-K – WEDNESDAYS; 2:00PM-2:45PM; 16 SESSIONS; \$300  
K-2ND – WEDNESDAYS; 3:30PM-4:15PM; 16 SESSIONS; \$300

SOCCER SHOTS IS AN ENGAGING CHILDREN'S PROGRAM THAT INCLUDES BASIC SOCCER SKILLS; CHARACTER-BUILDING LESSONS; COORDINATION, BALANCE, AND AGILITY DEVELOPMENT; EXCLUSIVE GAMES; WEEKLY & SEASONAL PRIZES. ONCE REGISTRATION WITH BYDS IS COMPLETE, AN ADDITIONAL REGISTRATION AND ONE-TIME ENROLLMENT FEE WITH SOCCER SHOTS DIRECTLY IS REQUIRED. A LINK WILL BE PROVIDED IN YOUR CONFIRMATION EMAIL.

## ***HAPPY HANDS - THURSDAY***

3S – THURSDAYS; 12:45PM-1:30PM; 17 SESSIONS; \$400

THIS IS A FUN, MULTI-SENSORY CLASS RUN BY AN OCCUPATIONAL THERAPIST TO DEVELOP FINE MOTOR SKILLS. WE USE FUN ACTIVITIES AND ART PROJECTS TO HELP CHILDREN DEVELOP THE PREREQUISITE SKILLS NECESSARY TO HOLD A PENCIL CORRECTLY, CUT WITH SCISSORS, COLOR, FORM LETTERS CORRECTLY (ACCORDING TO THEIR AGE), AND MANAGE DRESSING SKILLS. (INCLUDES AN INITIAL SCREENING)

## ***CHESS - THURSDAY***

PRE-K – THURSDAYS; 2:00PM-3:00PM; 17 SESSIONS; \$425  
K-5TH – THURSDAYS; 3:30PM-4:45PM; 16 SESSIONS; \$475

WE OFFER A CHESS-SONG SINGING, LAUGHING, CHESS-TOURNEY, DANCING, CHESS CLOCK-SLAPPING, ZANY CHESS VIDEO, AND PUPPET SHOW INTRODUCTION TO CHESS. WE PUT ON A HIGH-ENERGY CHESS PRACTICE IN WHICH KIDS PLAY CHESS FOR PRIZES IN OUR DEVELOPMENTALLY-TARGETED, INFECTIOUSLY-FUN THINKING PROGRAM.

## ***HULA HOOPS - THURSDAY***

PRE-K – THURSDAYS; 2:00PM-2:45PM; 17 SESSIONS; \$325  
K-5TH – THURSDAYS; 3:30PM-4:30PM; 16 SESSIONS; \$325

EACH WEEK STUDENTS WILL BUILD STAMINA, BALANCE, AND HAND-EYE COORDINATION THROUGH A VARIETY OF AGE-APPROPRIATE STRETCHES, GAMES, AND ACTIVITIES ALL WHILE UTILIZING HULA HOOPS. WE PROVIDE ALL EQUIPMENT FOR CLASS. STUDENTS IN OUR PROGRAM WILL PLAY HULA HOOP-INSPIRED GAMES AND LEARN IMPRESSIVE NEW HOOP SKILLS AND TRICKS EACH WEEK FROM PROFESSIONAL PERFORMERS. OUR CURRICULUM HELPS STUDENTS IMPROVE BALANCE, STAMINA, AND CONFIDENCE THROUGH THE USE OF HULA HOOPS AND PLAY! VISIT MADABOUTHOOPS.COM.

## ***JUNIOR ATHLETES - FRIDAY***

2S – FRIDAYS; 12:30PM-1:00PM; 16 SESSIONS; \$285  
3S – FRIDAYS; 1:15PM-1:45PM; 16 SESSIONS; \$285  
PRE-K – FRIDAYS; 2:00PM-2:45PM; 16 SESSIONS; \$325  
K-2ND – FRIDAYS; 3:30PM-4:15PM; 16 SESSIONS; \$325

SPORTS LESSONS (SOCCER, BASKETBALL, BASEBALL, FOOTBALL, TENNIS) ALONG WITH FUN FITNESS ACTIVITIES (OBSTACLE COURSES, BOWLING, SCOOTER BOARDS, RELAY RACES, HULA HOOPS, ETC.) WILL BE INTRODUCED. OLDER STUDENTS WILL BE CHALLENGED WITH MORE ADVANCED SKILLS AND DRILLS. GROUPS WILL PRACTICE COOPERATION, SPORTSMANSHIP, AND TEAMWORK.