

FALL 2017 OFFERINGS

All classes taught at KITS Sports Center have a heavy emphasis on providing a safe and fun environment where fundamentals are constantly taught and reviewed while reinforcing good techniques, sportsmanship, and having a better understanding of each sport being covered.

INTRO TO PE: introduce your child to a variety of sports: kickball, soccer, basketball, dodgeball...in a fun and controlled environment where fundamentals are taught as well as playing nice with others For ages 4-6yrs old

9/11—10/30 (8 weeks) Mon 12:30—1:30pm \$72

9/13—11/1 (8 weeks) Wed 12:30—1:30pm \$72

BEGINNERS SOCCER: introduces the most fundamental soccer skills: dribbling, passing, shooting, running... while learning how to play the game of soccer For ages 4-6 yrs old

9/12 – 10/31 (8 weeks) Tues 1:00—2:00pm \$72

9/14 – 11/2 (8 weeks) Thur 1:00—2:00pm \$72

MULTI SPORT CLASS: learn the basic fundamental skills and rules while playing actual games of: kickball, flag football, soccer, wiffleball, floor hockey, basketball, dodgeball... For ages 7-10yrs old

9/11 – 10/30 (8 weeks) Mon 4:00—5:00pm \$80

9/13—11/1 (8 weeks) Wed 4:00—5:00pm \$80

SPEED & AGILITY: Become a better athlete in any sport by learning proper techniques in running, starts/stops, change of direction, jumping... increasing speed and agility For ages 8—12yrs old

9/11—10/30 (8 weeks) Mon 5:00—6:00pm \$80

9/13—11/1 (8 weeks) Wed 5:00—6:00pm \$80

Combine both Mon/Wed 5:00—6:00pm \$120

FLAG FOOTBALL: learn the proper techniques used in football: throwing, catching, getting open, defending... all while playing actual games of flag football For ages 7-9yrs old OR 10-12 yrs old

9/12—10/24 (7 weeks) Tues 4:00—5:00pm (7-9yo) 5:00—6:00pm (10-12yo) \$70

9/14—11/2 (8weeks) Thur 4:00—5:00pm (7-9yo) 5:00—6:00pm (10-12yo) \$80

Intro to Basketball: learn and practice the fundamentals utilized in playing basketball: dribbling, passing, shooting, movement, ball handling, defending... while playing games and learning the rules For ages 5-8yrs old

9/14—11/2 (8 weeks) Thur 4:00—5:00pm \$72

Soccer Skills: learn and practice proper techniques utilized in the game of soccer: dribbling, passing, shooting, running with ball, defending, goalkeeping... For ages 6-9yo OR 7-11yo

9/11—10/30 (8 weeks) Mon 4:00—5:00pm (6-9yo) 5:00—6:00pm (7—11yo) \$80

9/8—10/27 (8 weeks) Fri 4:30—5:30pm (6—9yo) 5:30—6:30pm (7—11yo) \$80

Floor Hockey: learn and practice the fundamental skills utilized in floor hockey: stickhandling, passing, shooting, defending, scoring, attacking... while including real games For ages 7—10 yrs old

9/12—10/24 (7 weeks) Tues 4:30—5:30pm \$70

9/14—11/2 (8 weeks) Thur 4:30—5:30pm \$80

WOMENS OVER 30 REC FALL SOCCER LEAGUE A and B Divisions: play a 10 game schedule in this very popular league for Women Over 30. 2 X 20 Minute halves. Get the Girls together for some great fun, conditioning and recreational play against other teams every week.

9/13—11/15 7:00—10:00pm Start times \$1200 per team

Men's Drop In Soccer: Grab your friends and come in to play some soccer where teams are picked each week and after warming up the game begins. Improve your skills, conditioning, and game awareness while having lots of fun. No officials for drop in soccer.

Saturdays 9/5---TBD 8:30—10:00am (usually runs year round) \$10 per session