



Winter 2018 Pre-School Programs

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Winter Session 1- January 7-February 14 * Winter Session 2- February 19-March 30

Pre-School Physical Education

Ages 3-5

Wednesdays 1:00pm

Session 1: 1/9, 16, 23, 30, 2/6 & 13 \$90.00
Session 2: 2/20, 27, 3/6, 13, 20 & 27 \$90.00

Register for Session 1 & 2 for \$175

This class will focus on the fun of fitness. Through many fun games your child will develop their gross motor skills like running, hopping, skipping & jumping which will enhance your child's coordination. Coaches will also introduce your child to sports such as soccer, baseball, football, lacrosse, volleyball & basketball. This class is a great start to help your children learn to love sports and make fitness a lifelong choice.

Introduction to Soccer Skills

Ages 3-5

Tuesdays 10:00am

Session 1: 1/8, 15, 22, 29, 2/5 & 12- \$90.00
Session 2: 2/19, 26, 3/5, 12, 19 & 26- \$90.00

Thursdays 1:00pm

Session 1: 1/10, 17, 24, 31, 2/7 & 14- \$90.00
Session 2: 2/21, 28, 3/7, 14, 21 & 28- \$90.00

Saturdays 9:00am

Session 1: 1/12, 19, 26, 2/2 & 9- \$75.00
Session 2: 2/23, 3/2, 9, 16, 23 & 30- \$90.00

Register for Session 1 & 2 for \$175

This class is an introduction to soccer. Through age appropriate skills, drills and games our coaches will teach your child the basic fundamentals of soccer. Fun is our main goal, but your child will learn proper technique in dribbling, shooting, passing, throw-ins and the importance of team work.

Cedar Stars "Roots" Program

Ages 4-5

Mondays 5:00pm

Session 1: 1/7, 14, 21, 28, 2/4 & 11- \$105.00
Session 2: 2/25, 3/4, 11, 18 & 25- \$87.50

Register for Session 1 & 2 for \$185

Cedar Stars "Roots" Program

Our focus & philosophy in the "Roots" program is based on one main goal: FUN!
We want these young players who are being introduced to enjoy every minute of training. At this stage, habits are created and technical skills are taught to each individual player. Each player will participate in age-appropriate small-sided games.

Pre-Registration is recommended- Online: orange.capellisportcenter.com- By phone: 845-651-0440

Toddler Drop In & Play

Calling all Mom's, Dad's, Grandparents, Nannies, and babysitters who are looking for something to do on a cold, wet winter day with their little ones. Our toddler drop in & play is full of fun with all types of balls, ride on toys, parachutes, slides, scooters, tunnels, & lots of open space for running.

Tuesday-Friday

11:00am-3:00pm

ONLY \$10 per caregiver

Lunch room available & Concession stand on site for snacks!

Mondays available by appointment only for groups of 10 or more - great day for Mom's Groups!