



FALL 2020

TODDLER CLASSES



Fall Session 1- 9/28-10/24 * Fall Session 2- 10/26-11/21

Pre-School Physical Education

Ages 3-5

Wednesdays 1:00pm

Session 1: 9/30, 10/7, 10/14, 10/21- \$65.00

Session 2: 10/28, 11/4, 11/18- \$48.75

Register for Session 1 & 2 for \$105

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 or 4:00pm

Session 1: 9/29, 10/6, 10/13, 10/20- \$65.00

Session 2: 10/27, 11/3, 11/10, 11/17- \$65.00

Register for Session 1 & 2 for \$120.00

Wednesdays 10:00am

Session 1: 9/30, 10/7, 10/14, 10/21- \$65.00

Session 2: 10/28, 11/4, 11/18- \$48.75

Register for Session 1 & 2 for \$105.00

Thursdays 1:00pm

Session 1: 10/1, 10/8, 10/15, 10/22- \$65.00

Session 2: 10/29, 11/5, 11/12, 11/19- \$65.00

Register for Session 1 & 2 for \$120.00

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.

Saturday classes will begin in December

Cedar Stars "Roots" Program

Ages 5-7

Tuesdays 5:00pm

Session 1: 9/29, 10/6, 10/13, 10/20- \$65.00

Session 2: 10/27, 11/3, 11/10, 11/17- \$65.00

Register for Session 1 & 2 for \$120.00

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.

Register Online: orange.capellisportcenter.com

Register by phone: 845-651-0440

Register in person: 1741 Route 17A, Florida, NY

Pre-registration is highly recommended

Schedules subject to change

No refunds/credits for missed classes

Credits will be issued if class is cancelled due to Covid email- contactusorange@capellisportcenter.com

Pre-Registration is required- 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 fall/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.

Will open as soon as COVID restrictions allow

ONLY \$10 per caregiver

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