

WINTER 2009/2010



SESSION SCHEDULE

Day of the Week	Session Dates	Class Time	Age Group
Monday	November 30 - February 1**	10:30 am - 11:15 am	2 to 2 ½
Monday	November 30 - February 1**	11:30 am - 12:30 pm	3 to 3 ½
Monday	November 30 - February 1**	1:30 pm - 2:30 pm	4 to 5
Tuesday	December 1 - February 2**	10:30 am - 11:15 am	2 to 2 ½
Tuesday	December 1 - February 2**	11:30 am - 12:30 pm	3 to 3 ½
Tuesday	December 1 - February 2**	1:30 pm - 2:30 pm	4 to 5
Wednesday	December 2 - February 3**	10:30 am - 11:15 am	2 to 2 ½
Wednesday	December 2 - February 3**	11:30 am - 12:30 pm	3 to 3 ½
Wednesday	December 2 - February 3**	1:30 pm - 2:30 pm	4 to 5
Thursday	December 3 - February 4**	10:30 am - 11:15 am	2 to 2 ½
Thursday	December 3 - February 4**	11:30 am - 12:30 pm	3 to 3 ½
Friday	December 4 - February 5**	10:30 am - 11:15 am	2 to 2 ½
Friday	December 4 - February 5**	11:30 am - 12:30 pm	3 to 3 ½
Friday	December 4 - February 5**	1:30 pm - 2:30 pm	4 to 5

SESSION DETAILS AND INFORMATION

Soccer RISE's is our specially designed program which introduces children ages two, three, four and five to the exciting sport of soccer. Children will learn a variety of basic soccer skills in a safe, fun and positive environment. Our coaching philosophy focuses on creating a space for children to develop self confidence through a variety of physical and mental activities within the framework of soccer.

Our two year old class emphasizes fun, motor and mental development, acclimation to the field and kicking. This class is parent participation requiring the parent to be actively engaged in the class activities along with the child.

Our three year old class emphasizes fun, ball control, eye/foot coordination, balance and acclimation of the field. Children will need to be able to actively participate without a parent on the field.

Our four and five year old class emphasizes fun, ball control, acclimation of the field, kicking techniques, eye/foot coordination, balance, agility and an introduction to "game" like settings.

Soccer RISE's is an 8 week program. Class sizes will range from a minimum of 8 children, up to a maximum of 12 children. 2 year olds will meet for a 30 minute class and a 15 minute snack.

All other age groups will meet for a 45 minutes of class 15 minutes of snack.

Cost per session is \$59 for 2 year olds, \$79 for 3, 4 & 5 year olds.

All participants must hold a current RISE membership (\$10 annual fee).

****PLEASE NOTE THE FOLLOWING FOR WINTER 2009/2010 SESSION:**

Classes will NOT be held on Saturdays for the Winter 2009/2010 Session. There will be no classes held from December 21 - January 3. Classes will resume on Monday, January 4, 2010.

Registration for our WINTER 2009/2010 Session is now open!!

To register or for additional details, please call: 804.744.4600

Registration and membership forms may be found online at:

www.RISEindoor.com