

## Infant, Toddler and Pre-School Gymnastics

These programs are for infants & toddlers where their parent or caregiver participate and for preschoolers that are ready to go on their own.

**Infant & Toddler programs: (9mos. - 3yrs.)** These are participation classes for both the parent (or caregiver) and child where they can enjoy the fun of fitness and the excitement of learning gymnastics together, in a safe and nurturing atmosphere for infants and toddlers.

**Pre-school gymnastics programs:**

### Tumble Bears 3.5-4yrs & Mighty Bears 5-6yrs

Preschoolers are introduced to the magic of gymnastics while learning to deal with the physical, mental, emotional and social aspects of childhood in a safe, playful, creative and stimulating environment. (These are separation classes).

13 Week Term

Class	Age	Length of class	Price*
Cozy Cubs	9 – 12mos.	30 mins.	\$304
Combo Cubs	13 mos. - 2yrs.	40 mins.	\$393
Super Cubs	2.5 – 3yrs.	40 mins.	\$393
Tumble Bears	3.5 – 4yrs	1 hr.	\$478
Mighty Bears	5 - 6yrs.	1 hr.	\$478

\*Prices do not include the yearly \$50 administrative fee.

## Special Needs

These gymnastics and movement classes are specially designed to stimulate proprioceptors in the muscles and the entire body. Our specially trained instructors will work with the children to develop general movement and gross motor skills, while increasing muscle tone, and coordination. Low teacher-student ratios will give the instructors the opportunity to work closely with each child to ensure a positive experience. Children will become more focused and confident. This will also help children safely participate in physical activity.

13 Week Term

Class	Age	Length of class	Price*
Special cubs	2-3yrs	45 mins.	\$573
Special bears	4-6yrs	45 mins.	\$573
Special gym	7- 9yrs	45 mins.	\$573

\*Prices do not include the yearly \$50 administrative fee.

## Recreational Gymnastics

The recreational program is designed to teach the fundamentals of gymnastics to for girls & boys ages 7 and older. Student will train all Olympic events. The trampoline and tumble track are also used.

13 Week Term

Class	Age	Length of class	Price*
Recreational gymnastics	7+yrs.	1hr.	\$478
Recreational gymnastics	7+yrs.	1.5 hr.	\$573

\*Prices do not include the yearly \$50 administrative fee.

## Cheerleading

Students will learn the fundamentals of cheerleading, jumps, dance, tumbling, and stunting choreography. Children will receive instruction under the guidelines of USASF.

### 13 Week Term

Class	Age	Length of class	Price*
Beginner Cheer	7+yrs.	1 hr.	\$366
Advanced Cheer	7+yrs.	1.5 hr.	\$494

\*Prices do not include the yearly \$50 administrative fee.

## Pre-Team, & Team Programs

Does your child show special enthusiasm & aptitude for the sport of gymnastics? If you've answered "yes" we invite your child to learn more about our Pre-team and Team developmental programs. The coaches will assess each child's skill level and make recommendations for placement in either **Ultra Bears, Pre- team, Team** programs. Student will train all Olympic events. Children will receive instruction under the guidelines of USA Gymnastics. (These programs require are year - round commitment.)

## Rock Climbing

Rock Climbing is one of the nation's fastest growing sports. Powerplay features a "Junior" wall especially designed for children 4-6 years old. The artificial rock surface of the main wall, offers a variety of routes. Children and teens will have lots of fun and it's a great way to exercise and build confidence.

### 13 Week Term

Name	Age	Length of class	Price*
Junior Climbers	4 – 6yrs.	1hr.	\$459
Climb – On	7+yrs.	1.5hrs.	\$609

\*Prices do not include the yearly \$50 administrative fee.

## Indoor Play

The play area is an environment that encourages physical as well as imaginative play. The interior scenery is set with bright colors, which creates a fun and inviting atmosphere. Our indoor playspace is an air-conditioned oasis on those long hot summer days and a warm embrace on the cold and frosty ones. It provides most of the amenities of your local playground (slides, sandbox, tree house, and playhouse).

\*Parent or caregiver must supervise their child.

## ◆◆TEN PLAYPASS .... \$100.00 for 11 Plays. ◆◆

(Buy 10 plays get one free)

Price	Play Hours
\$10 for a 2-Hour Play Session. First adult is <u>Free</u> . Additional adult is \$7	Monday – Friday 10:00 am – 5pm Saturday & Sunday 10:00 am - 4:00 pm

\*Occasionally the Playspace may be unavailable or closed for special events. Please call ahead.

All programs are separate from the playspace.

## After school Program (ASP) ages 6-12

A new and innovative After School Program. Featuring a lively mix of activities and homework help. Powerplay's after school program follows the New York City Public School's full day schedule, from September to June and provides school pick-ups from selected schools in the immediate area. \*(Half day pick -ups may be available. Must be requested in advance and there is an additional cost.) Please call for more information.

## Powergyms

Powergyms ⇒ Allows children an opportunity to explore our facility in a less structured way than the class environment. Activities include Trampoline Rock Climbing and the Tumble Track. Powergyms will coincide with the school vacation schedule during December, February and April.

## Holiday Camps

Let your children spend their holiday vacation week with us at Powerplay. Holiday camps will coincide with the school vacation schedule during December, February and April.

### Midwinter Camp

Monday February 16 – Friday February 20

### Spring Camp

Monday April 13 – Friday April 17

## Summer Camp

Powerplay offers a Summer Camp for boys and girls ages 7 to 12yrs.  
A Junior Camp program for ages 4 to 6 years.  
June 29, 2009 - August 28, 2009 (9 Weeks)

## Birthday Parties

Parties at Powerplay are **Action-Packed, Entertaining and Hassle-Free**. We help plan the party, provide the space, supervise the activities, serve the food and clean up afterwards. **Parties include 1 hour of activity and 30 minutes in the party room.** Your party room is exclusive and available for the duration of the party. Parties can feature: **Gymnastics, Rock Climbing, Soccer, Gym & Rock-Combo, Indoor Play** or the new **Adventure Challenge**. You may also combine activities or extend any portion of your party for a truly unique party experience. **Ask about our "Big kids" and Adult Parties.**

Party Type	Price	Each Additional Child
Play Party (1.5hrs)	\$365	\$18
Gymnastics (1.5hrs)	\$515	\$20
Play & Gymnastics (2hrs)	\$665	\$20
Soccer (1.5hrs)	\$515	\$20
Rock Climbing (1.5hrs)	\$580	\$22
Gym/Rock (2 hrs)	\$745	\$22
<i>Adventure Challenge (2 hrs)</i>	\$745	\$22

\*\*Please remember a 50% non-refundable deposit is required to reserve a party.

\*\*Party prices are for the minimum of 12 children.

\*\*Each additional child is extra depending on the particular package.

Please call for more information.

## ◆◆◆◆ Adult Programs ◆◆◆◆

These programs are for anyone looking for unique and fun ways to stay fit, and get in better shape.

**Open Climb**-> -> Powerplay features Brooklyn's first Indoor rock climbing venue. If you are new to climbing or looking to improve your skills our climbing wall offers a variety of routes that will challenge climbers of all skill levels.

**Tumbling and Trampoline** -> -> This class consist of one hour of tumbling and trampoline activity.

**Rock & Roll** -> -> Participants will use trampolines and the rock-climbing wall. This class consists of 45 minutes of tumbling and trampoline activity and 45 minutes of rock climbing.

**Birthday & Special Occasion Parties**-> ->Why should kids have all the fun? For a truly unique party experience, celebrate an "**Adult Big kids**" Birthday or Special occasion party at Powerplay.

**Parent's "Time Out"** -> -> The first Friday of each month enjoy a quiet evening at home or a night out while your children are enjoying fun-filled activities at Powerplay. Please call for more information.