

PHYSICAL EDUCATION CLASSES

ADVENTURE

Thursday 1:15 – 2:15 PM
 Thursday Session 3 +4 2:15 – 3:15 PM

Build confidence and self-reliance as you learn adventure skills safely. Climbing and adventure games.

Class #10601

Class Fee \$77

Section C Grades 3-5
 Section D Grades 2-4

ARCHERY

Wednesday Session 5 only 3:45-4:30 PM
 Wednesday 5:15-6:00 PM
 Saturday Session 5 only 10:15-11:00 AM

Class #10602

Class Fee \$77

Section A Grades 3-6
 Section B Grades 2-5
 Section C Grades 3-5

BASKETBALL BASICS

Wednesday 2:00 – 2:45 PM
 Tuesday 2:15 - 3:00 PM

Basic skills will be covered. There will be a focus on skills but there will be some game play.

Class #10626

Class Fee \$75

Section A Ages 4-6
 Section B Ages 4-6

BEGINNING BASKETBALL

Monday 4:00 - 4:45 PM
 Wednesday 4:30 - 5:15 PM

Develop your skills through drills and game play.

Class #10604

Class Fee \$75

Section C Grades K&1
 Section A Grades K&1

BASKETBALL FOR GRADES 1&2

Thursday 4:45 - 5:30 PM
 Friday 4:00-4:45 PM

Class #10604

Class Fee \$75

Section B Grades 1&2
 Section D Grades 1 & 2

BASKETBALL FOR GRADES 3-5

Tuesday 5:15 - 6:00 PM
 Friday 5:30 - 6:15 PM

Class #10603

Class Fee \$75

Section A Grades 3-5
 Section B Grades 3-5

BASKETBALL FOR MIDDLE SCHOOLERS

Wednesday 6:00 - 7:00 PM

Class #10606

Class Fee \$70

Section A Grades 6-8

BIKE CLUB

Thursday session 5 only 2:30 – 3:45 PM

Learn safe riding habits, simple repairs and how to plan riding routes around Lexington. Each child must bring bike and helmet

Class #10607

Class Fee \$65

Section A Grades 3-5

BASIC TRAINING

Monday 6:30-7:30 PM

Our staff will help teach you proper lifting technique in the Hayden weight room.

Class #10629

Class Fee \$60

Section A Grades 7 & Up

FLAG FOOTBALL

Monday 4:45 - 5:30 PM
 Thursday session 5 only 4:00 - 4:45 PM
 Saturday session 3 & 4 10:15-11:00 AM

Class #10608

Class Fee \$60

Section B Grades 1&2
 Section A Grades 3-5
 Section C Grades 3-5

FLOOR HOCKEY

Monday 5:30 - 6:15 PM
 Friday 4:45-5:30 PM
 Friday 1:15-2:00 PM

Class #10609

Class Fee \$70

Section A Grades 3-5
 Section B Grades K-2
 Section C Ages 3-PreK

FUN & SPORTS

Wednesday 11:00-11:45 AM

Come jump, run, and play sports in the gym with Mr. Greg. Learn skills for all different sports.

Class #10647

Class Fee \$60

Section A Ages 2-Pre K w/parent

GOLF

Thursday Session 5 only 2:15 – 3:15 PM

Learn the basic grips and swings as well as the rules of the game. Some clubs will be provided. Kids are encouraged to bring in their own.

Class #10610

Class Fee \$55

Section A Grades 1-3

ITSY BITSY SPORTS

Thursday 9:30-10:15 AM

Your first sports class! Come play a variety of "sports" designed for the little ones. The instructor will lead the activities that will enhance your child's understanding of sports and play.

Class #10632

Class Fee \$69

Section A Ages 2&3 w/parent

JUMP AROUND TIME

Thursday 3:15-4:00 PM

This class is all about jumping around and using up some energy. Get ready for games music and some jazzin' around! Shoes off and have some fun!

Class #10612

Class Fee \$65

Section A Ages 3-K

KARATE - Beginner/Intermediate

Monday 4:45-5:30 PM

This class is geared toward children with little to no experience in Karate. You may choose to take this class as a refresher if you have some karate experience.

Class #10223

Class Fee \$65

Section A Grades K to 5

KARATE - Advanced

Monday 5:30-6:15 PM

This class is for children with karate experience. The student should have taken karate before either at Hayden or another studio.

Class #10223

Class Fee \$65

Section B Grades K to 5

PHYSICAL EDUCATION CLASSES (CONT.)

LEARNING WITH LEGOS

Monday 3:15-4:00 PM
Thursday 9:45-10:30 AM

We'll work with both fine motor and large motor skills while working with Legos to build and tell a story.

Class #10636

Section B Ages 3-Pre K
Section A Ages 3-PreK

Class Fee \$65

MINI MOVERS

Wednesday 9:45 - 10:30 AM

We'll get the little ones moving! There will be music, mats, and plenty of fun while we get some energy out!

Class #10637

Section A Walkers - 30 monthsw/parent

Class Fee \$65

MOVIN MUNCHKINS

Tuesday 11:00 - 11:45 AM

Youngsters and parents play together in the gymnasium. There's music, movement, and an organized play time.

Class #10615

Section A Ages 2 & 3 w/parent

Class Fee \$65

BASIC SOCCER

Monday 1:30 - 2:15 PM
Tuesday 3:00 - 3:45 PM
Saturday 8:30 - 9:15 AM
Saturday 9:15 - 10:00AM

Basic soccer fundamentals, skills and some game play.

Class #10617

Section A Ages 3-Pre K
Section B Ages 3-Pre K
Section C Ages 3-Pre K
Section D Ages 4-K

Class Fee \$68

SOCCER GRADES K-2

Tuesday 4:30 - 5:15 PM
Friday 4:00-4:45 PM

Class #10619

Section A Grades K-2
Section B Grades K-2

Class Fee \$68

SPECTACULAR SPORTS

Thursday 4:00 - 4:45 PM

Enjoy a variety of sports appropriate for the season. Play basketball, floor hockey, flag football, dodgeball, and more.

Class #10620

Section A Grades 3-5

Class Fee \$60

SPORTY SPORT

Tuesday 3:45 - 4:30 PM
Thursday Session 5 only 4:45 - 5:30 PM

Enjoy a variety of sports and games.

Class #10623

Section A Grades K-2
Section B Grades K-2

Class Fee \$62

SPORTS SAMPLER

Tuesday 10:00-10:45 AM
Friday 11:15-12:00 PM

We'll play a different sport each week, geared toward children ages 3-Pre K. This class is a great introduction to a variety of sports.

Class #10646

Section B Ages 3-Pre-K
Section A Ages 3-Pre-K

Class Fee \$65

SPORTS AND GAMES

Wednesday 1:15 - 2:00 PM

An early introduction to sports and games. We'll have fun and learn basic skills.

Class #10640

Section B Ages 3- Pre K

Class Fee \$65

SPORTS AND SPLASH (no diapers please)

Thursday 10:30 - 11:45 AM
Friday 2:00 - 3:15 PM

This is an exciting class that will give your little one plenty of exercise. First we'll play in the gym and then suit up for a swim in the pool. Be sure to wear comfortable clothes and pack a bathing suit and towel.

Class #10641

Section A Ages 3- Pre K
Section B Ages 3 - Pre K

Class Fee \$90

TABLE TENNIS

Friday 4:45-5:30 PM

Come learn the basics of this great sport! We'll practice techniques, strategies, and have plenty of game play!

Class #10635

Section B Grades 3-5

Class Fee \$60

T-BALL

Monday 2:15-3:00 PM
Friday 10:15-11:00 AM
Friday 3:15 - 4:00 PM

Class #10621

Section C Ages 3-5
Section B Ages 2 & 3 w/parents
Section A Ages 3-5

Class Fee \$60

TENNIS

Tuesday 4:30 - 5:15 PM
Wednesday 3:45 - 4:30 PM

Basic skills will be covered. Hayden will provide racquets or children may bring their own.

Class #10622

Section A Grades 1-3
Section B Grades 2-5

Class Fee \$60

TRIATHLON TRAINING

Wednesday Session 5 Only 5:15 - 6:00 PM

Get your suit, get your shoes and get your bike ready for this total fitness class. Basic triathlon training will help participants to become a tri-sport athlete.

Class #10627

Section A Grades 4-6

Class Fee \$66

Zumba

Thursday 1:15-2:00 PM

Zumba is a fun, easy to follow workout that will keep you coming back for more!

Class #10401

Section Z1

Class Fee \$68

Come move and stretch and work on your core balance. A variety of poses and stretches will be used in this class.