

**Jump Start Sports Volleyball, Tennis, Trampoline & Foam Pit, Beginning Karate, Dek Hockey & Acrobatic & Tumbling Extreme—To register visit our website at: [www.ptarc.org](http://www.ptarc.org)**

**INTRO TO VOLLEYBALL** Ages 8-13

Children ages 8-13 will have a blast learning about the game of volleyball. Players are coached at their level and play fun, low competition games each week. Players will learn the basic fundamentals of passing, setting, hitting, and positions on the court, while in a fun, energetic, and learning environment. Fee includes a t-shirt.

**Instructor: Jump Start Sports**

**Location: Penn Middle School Auxiliary Gym**

**Time: Wednesday, 6:00-7:00 pm, (ages 8-10)**

**7:00-8:00 (ages 11-13)**

**1st 6 week session: September 11- October 16 OR**

**2nd 6 week session: Nov. 6—December 18 (no 11/27)**

**Fee: Penn Trafford School District Residents \$69 Non Resident \$77**



**PT DEK HOCKEY** Ages 5-10

Have a blast learning hockey fundamentals. Learn forehand and backhand passing, trapping, stick handling, shooting, defending and goal keeping. Play fun, low-competition games to learn team concepts. Make sure you bring shin guards, stick, & helmet. T-shirt provided.

**Instructor: Sean Sepe**

**Location: PT Municipal Park Dek Hockey Court**

**Time: Tues. , 6:00-7:30 pm**

**4 week outdoor session:,**

**September 10, 17, 24 &**

**October 8 (no 10/1)**

**Fee: PT School District Residents \$29, Non-Residents \$37**



**TENNIS** Ages 5 & up

Beginning class for players who need to learn the four basic strokes and proper stance, grip and position. Intermediate class for players who wish to refine their strokes while adding pace, spin and control to shots. Please bring your own racquet.

**Instructor: Tom Merchant**

**Location: Penn Township Municipal Park Tennis Courts**

**Time: Tuesday**

**5:30-6:15 pm Munchkin Age 5-8**

**6:30-7:30 pm Intermediate Ages 9 & up**

**4 weeks-September 10-October 1**

**Time: Thursday**

**5:45—6:45 pm Beginner Age 9 & up**

**4 Weeks-September 12-October 3**

**Fee: Penn-Trafford School District Residents Age 5-8 \$39, Ages 9 & up \$49, Non-Residents Age 5-8 \$47, Ages 9 & up \$57**



**TRAMPOLINE & FOAM PIT TUMBLING** Ages 5-10

This co-ed class will utilize in-ground trampolines, tumble racks and foam pits. Great fun for beginners learning new tricks and the more experienced tumblers to perfect their skills.

**Instructors: Alison Biondi's Gymnastic Instructors**

**Location: Alison Biondi's Gymnastic Facility**

**Time: Tuesdays, 5:30-6:30 pm**

**1st 6 week session: September 10-October 15 OR**

**2nd 6 week session: October 29-December 3**

**Fee: Penn Trafford School District Residents \$39 per session, Non-Residents \$47**



**BEGINNER KARATE/SELF DEFENSE** Ages 7-12

Have fun while training in traditional Japanese martial arts/self-defense. Develop full body coordination, proper stretching techniques and physically strengthen muscles. Discipline, manners and respect attained. No uniform required, wear comfy clothes.

**Instructor: Dustin Baldis PSKC Instructor**

**Location: PSKC Shotokan Karate Club - 708 Rt 130, Level Green**

**Time: Tuesday & Thursday, 6:30-7:15**

**pm 4 week session: Sept 10-October 3**

**Fee: PTSD Residents, \$59, Non-Residents \$67**



**ACROBATICS & TUMBLING EXTREME AT-BIONDI'S GYMNASTICS** Ages 6 & up

This class focuses on beginner tumbling skills/jumps in a safe and fun environment. Students will be able to utilize spring floors, trampolines, tumble tracks and foam pits to gain confidence and achieve their tumbling goals. Great for beginner and intermediate cheerleaders looking to learn round-offs, handsprings, and flexibility for jumps!

**Instructor: Alison Biondi's Gymnastics**

**Location: Alison Biondi's Gymnastics**

**Time: Mondays, 5:00-6:00 pm 6 week session: Sept. 16-Oct. 21**

**Fee: PTSD Residents \$49, Non-Residents \$57**

