

# Preschool Sports

## Tot Sports Classes

Gently introduce your little one to sports with fun activities and games in a non-competitive environment. Equipment is just the right size for toddlers and preschoolers. *Parent participation required.*

*Please no unregistered siblings at class.*

Instructor: AVRC Recreation Leaders

Location: Arroyo Vista Park, grass behind building

### BASKETBALL BASICS 3.5-5 and parent

Your young athlete will learn to dribble, pass, and shoot in this non-competitive class. The last class will be a fun basketball game with parents!

CODE	DATES	WEEKS	DAYS	TIMES	FEE
313300-01	1/12-2/16	6	Sa	8:00-8:40 a.m.	\$48

### SPORTS OF ALL SORTS 2-3 and parent

Your little one will be introduced to soccer, basketball, t-ball, and more in this friendly class. Tots will experience different kinds of sports balls and equipment while improving large motor skills and coordination.

CODE	DATES	WEEKS	DAYS	TIMES	FEE
313800-01	1/12-2/16	6	Sa	8:45-9:15 a.m.	\$42

### PRE-SOCCER 2.5-4 and parent

Students will learn and practice basic soccer skills including dribbling, passing, kicking, and throwing in.

CODE	DATES	WEEKS	DAYS	TIMES	FEE
313401-01	1/12-2/16	6	Sa	9:30-10:00 a.m.	\$42

### LITTLE KICKERS 3.5-5 and parent

Soccer skills will be reinforced through fun drills and scrimmage games. Students will also be introduced to more advanced soccer concepts including playing different field positions and rules of the game. This class is for students who have completed Pre-soccer or have other soccer experience.

CODE	DATES	WEEKS	DAYS	TIMES	FEE
313400-01	1/12-2/16	6	Sa	10:05-10:45 a.m.	\$48

### TOT T-BALL 3-5 and parent

This class focuses on t-ball fundamentals including hitting from a tee, throwing, catching, and teamwork. Students will also be introduced to the concept of base and field positions. Please bring a glove to class.

CODE	DATES	WEEKS	DAYS	TIMES	FEE
313200-01	1/12-2/16	6	Sa	11:00-11:40 a.m.	\$48

## Introduction to Martial Arts

**Ages 3-5** Learn the fundamentals of karate in these exciting classes! Students will gain self-discipline, self-control, self-confidence, and a sense of teamwork. Karate is an excellent way to improve coordination and physical conditioning. White belts only. One-time fee of \$20 is due on the first class and is payable to Tang Soo Do University for a t-shirt, student handbook and white belt.

Instructor: Tang Soo Do University

Location: AVRC, Sycamore Room

CODE	DATES	WEEKS	DAYS	TIMES	FEE
313700-01	1/8-1/29	4	Tu	5:15-5:45 p.m.	\$45
313700-02	2/5-2/26	4	Tu	5:15-5:45 p.m.	\$45

## Kidz Love Soccer Classes

All participants receive a soccer jersey!

Instructor: Kidz Love Soccer

Location: AVCP, grass behind building

### DADDY/MOMMY & ME SOCCER Ages 2-3.5

Join in your toddler's introduction to the world's most popular sport with fun, age-appropriate activities, and help your child develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required.

CODE	DATES	WEEKS	DAYS	TIMES	FEE
313402-01	1/24-2/28	6	Th	5:00-5:30 p.m.	\$77

### TOT/PRE-SOCCER Ages 3.5-5

Little tykes will enjoy running and kicking just like the big kids! This class teaches basic techniques of the game and builds self-esteem through participation and fun soccer activities. Shin guards are required after the first meeting.

CODE	DATES	WEEKS	DAYS	TIMES	FEE
313404-01	1/24-2/28	6	Th	4:15-4:50 p.m.	\$77



Arroyo Vista Recreation Center \* (805) 517-6300  
 avrc@moorparkca.gov \* Moorparkca.gov/Recreation