



A Beach Cities Health District Program

HOURS

SUNDAY-THURSDAY 10am-6pm

FRIDAY-SATURDAY 10am-7pm

Hours subject to change.

AdventurePlex.org

Winter Classes 2018

January 15 – March 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Super Tots Multi Sport Cost: \$220 Ages: 18-26 mo. Date: Jan. 15 – Mar. 19 Time: 10:30 – 11:15 a.m.	Core Mom \$240: 12/pack Mothers \$438: 24/pack Date: Jan. 16 – Mar. 20 Time: 10 – 11 a.m.	Core Mom \$240: 12/pack Mothers \$438: 24/pack Dates: Jan. 17 – Mar. 21 Time: 6 – 7 p.m.	Core Mom \$240: 12/pack Mothers \$438: 24/pack Dates: Jan. 18 – Mar. 21 Time: 10 – 11 a.m.	Mother Nurture Network: Toddler & Me Cost: \$195 Ages 12-24 mos. Dates: Jan. 12 – Feb. 16 Time: 9:30 – 10:45 a.m.	South Bay Music Together Cost: \$215 Ages 0-5yrs Dates: Jan. 13 – Mar. 17 Time: 10 – 10:45am	
Dave Miller BBall Clinic Cost: \$170 Ages: 5-7 yr. Date: Jan. 15 – Mar. 19 Time: 3:45 – 4:45 p.m.	Dave Miller BBall Clinic Cost: \$170 Ages: 8-10 yr. Date: Jan. 16 – Mar. 20 Time: 3:45 – 4:45 p.m.		SB Music Together Cost: \$215 Ages: 0-5 yr. Dates: Jan. 11 – Mar. 15 Time: 4:30 – 5:15 p.m.	Zumbini: Volume 1 Cost: \$215 Ages: 0-4 yr. Dates: Jan 19 – March 30 Time: 1 – 1:45 p.m. *No class Jan 26		
Rhythm Works Integrative Dance Cost: \$215 Ages: 7-14 yr. Intermediate (Approval Needed) Date: Jan. 15 – Mar. 19 Time: 4:15 – 5 p.m.				Sports Fundamental Soccer Cost: \$87 Ages: 3-5 yr. Dates: Jan. 19 – Mar. 9 Time: 4:30 – 5:15 p.m.		
Rhythm Works Integrative Dance Cost: \$215 Ages: 7-14 yr. All Levels Date: Jan. 15 – Mar. 19 Time: 6 – 6:45 p.m.				Sports Fundamental BBall Cost: \$87 Ages: 3-5 yr. Dates: Jan. 19 – Mar. 9 Time: 5:15 – 6 p.m.		
Coremom \$240: 12/pack Mothers \$438: 24/pack Date: Jan. 15 – Mar. 19 Time: 6 – 7 p.m.				Basketball Skills Cost: \$87 Ages: 6-8 yr. Dates: Jan. 19 – Mar. 9 Time: 6 – 6:45 p.m.		

Sports

SuperTots Multi-Sport

A development program for kids that uses a variety of fun games to engage kids while exposing them to a variety of different sports. The goal is to build fitness, muscle coordination, and sports fundamentals while fostering a love of athletics.

Sports Fundamentals: Soccer

Kids who enjoy soccer practice are more likely to continue, so we created Soccer FUNdamentals to get them started right. Your children will leave knowing basic soccer skills, including dribbling, passing and scoring, but with a focus on play and fun rather than competition.

Sports Fundamentals: Basketball

Before a child can become the next NBA all-star, they have to develop a love for the game. Basketball FUNdamentals will get your kids started the right way, by using play and games to teach basic basketball skills like shooting, passing, dribbling and teamwork.

Dave Miller Basketball Clinic

Basketball instruction and fundamental review of dribbling, passing and shooting. MVP camp is one of the most popular sports classes at Adventureplex. Players will learn the fundamentals of the sport of basketball, grow in confidence of their abilities, and apply what they learn in a game environment. Sign up for this class and grow as a player and as a person.

Basketball Skills

Kids will have FUN while developing their overall basketball skills. This is a great class for kids to learn balance, basic conditioning, hand eye coordination, ball handling, speed and agility. We will focus on dribbling, passing, shooting, scoring and basic team play. They will also gain self-confidence and increase their sportsmanship and teamwork.

Dance

Rhythm Works Integrative Dance

Rhythm Works Integrative Dance focuses on developmental skill-building for students who have special needs and other learning differences.

Music, Language and Art

Zumbini

Created by Zumba and BabyFirst, the Zumbini program is an early childhood education program that leverages original music and movement to create the ultimate bonding experience for families, all while promoting cognitive, behavioral, fine/gross motor skill, and social development for children ages 0-4.

South Bay Music Together

Music learning supports all learning. It enhances a child's language, cognitive, emotional, social, and physical development. This comprehensive music program offers your child a high level of music education through open expression, exploration, and play.