

The Easton Community Center

Winter Youth Sport Programs

Gamebreaker Lacrosse Training (Code 111351-01, 111351-02)

Ages: 5-6 Sunday, January 8-February 26th 10:00-11:00AM (8 Sessions)
Ages: 7-9 Sunday, January 8-February 26th 11:00AM-12:00PM (8 Sessions)

Whether you are just picking up a stick for the first time or you are a lacrosse veteran this course is for you. Learn how to play defense, shoot faster, and move on and off the ball. Practice the basics of throwing, catching, and cradling while you learn the theory of the sport. This clinic and play style of instruction will apply what the player learns and reinforce it to be used in game situations. Bring helmet, stick and gloves!

Cost: Members = \$100 Non-Members = \$120



GameBreaker
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Archery Instruction at Robin Hood's Range (Code 101180-01)

Ages: 7 and up (Coed) Monday, Jan.9-Feb.13th 5:15-6:15 PM (5 Sessions, No class 1/16)
Cost: Members = \$90 Non-Members = \$110

Robin Hood's Open Range Archery Practice (Code 101180-03)

Ages: 7 and up (Coed) Friday, Jan.20-Feb.17th 7:15-8:30 PM (5 Sessions)
Cost: Members = \$100 Non-Members = \$120

Come to the ECC and test your skill on the archery range. Learn some of the basics in our instructional class or come down and just practice during the open range class. These do require pre-registration so we can provide the proper time and equipment to make your archery session enjoyable. While at the range please follow the instructor commands at all times to ensure safety. Keep an eye out for Robin Hood himself; you never know when he may come by for a visit!



Indoor T-Ball (Code 111650-01)

Ages: 4-6 (Coed) Thursday, January 19-February 16th 4:00-4:45 PM (5 Sessions)

Our indoor T-Ball class will teach beginners the basics of the game including skills such as base running, hitting, and fielding. We also have a main focus on teamwork and sportsmanship. Whether your child is a beginner or you just want to reinforce good fundamental skills, then this is the program for you. Bring a glove!

Cost: Members = \$70 Non-Members = \$90

Introduction to Baseball (Code 111650-05)

Ages: 5-8 (Coed) Thursday, January 19-February 16th 5:00-6:00 PM (5 Sessions)

This class is intended for children ready to hit pitched balls and learn more advanced fundamentals. We will cover force outs, tagging runners, batting, catching, and throwing skills. This class will have mini games played after our skill development sessions. Bring a glove!

Cost: Members = \$70 Non-Members = \$90

Basketball Instruction (Code 111080-01, 111080-02)

Ages: 5-7 (Coed) Wednesday, January 18-February 15th 4:30-5:15 PM (5 Sessions)
Ages: 8-10 (Coed) Wednesday, January 18-February 15th 5:15-6:15 PM (5 Sessions)

The ECC offers the most comprehensive, fun, and exciting basketball program to the area. This class will provide every child with the skills that will help them develop an appreciation and enjoyment of the game through game play, contests and educational disciplines. Each player will be given individual attention.

Cost: Members = \$70 Non-Members = \$90



The Easton Community Center is Open to all Fairfield County Residents

The Easton Community Center is a non-profit 501 (c) (3) organization
364 Sport Hill Road/ Easton, CT 06612/ Phone (203) 459-9700 / Fax (203) 445-1798
www.eastoncommunitycenter.com

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Winter Youth Sport Programs



Core Strength and Agility Training (Code 129610-01, 129610-02)

Grades 3-5 (Coed): Saturday, January 21-February 11th 4:30-5:30PM (4 Sessions)

Grades 6-8 (Coed): Saturday, January 21-February 11th 5:30-6:30PM (4 Sessions)

Are you having trouble in the fourth quarter? Not for long because this four week conditioning course with Coach Gary will build core strength and teach how your body works. Each class provides a different perspective on everyday conditioning and body movement. Every week there will be different exercises that improve flexibility, and twitch muscle reaction. The curriculum combines isometric and plyometric concepts with strength and resistance exercises that give every athlete a huge advantage for their age group. This helps your team and makes everyone a more capable athlete. Getting healthy was never this much fun!

Cost: Members = \$35 Non-Members = \$50

Intro to Sports with Coach Couto (Code 111340-01, 111340-02, 111340-03, 111340-04)

Ages 2-3.5 (Coed): Tuesday, Jan.17-Feb.14th 9:00-9:45 AM (5 Sessions)

Ages 3.5-4.5 (Coed): Tuesday, Jan.17-Feb.14th 10:00-10:45AM (5 Sessions)

Ages 3.5 - 4.5 (Coed): Friday, Jan.20-Feb.17th 12:00-12:45 PM (5 Sessions)

Ages 2 - 3.5 (Coed): Friday, Jan.20-Feb.17th 1:00-1:45 PM (5 Sessions)



Let your child explore the wonderful world of sports with Coach Couto. This class will take your child through many different sports to give your child an introduction to soccer, basketball, lacrosse and baseball. Coach Couto's fun interactive style of coaching helps the players understand the sport and improve on balance and coordination while learning the game.

Cost: Members = \$70 Non-Members = \$90

Intro to Children's Soccer (Code 111030-14, 111030-15)

Ages: 3-4 (Coed)

Wednesday, January 18-February 15th 1:00-1:45 PM (5 Sessions)

Wednesday, January 19-February 16th 9:00-9:45AM (5 Sessions)

Children's Indoor Soccer (Code 111030-01, 111030-02 and 111030-03)

Ages: 4-6 (Coed)

Wednesday, January 18-February 15th 2:00-2:45 PM (5 Sessions)

Wednesday, January 18-February 15th 4:30-5:15PM (5 Sessions)

Thursday, January 19-February 16th 10:00-10:45AM (5 Sessions)

The objective of these classes is to introduce the wonderful game of soccer to the younger players in a fun enjoyable environment. We will create a fun filled environment that is "pressure free" with the younger players and will introduce new soccer skills in a way that keeps the childrens' interest.

Cost: Members = \$70 Non-Members = \$90



Street Soccer (Code 111030-07, 111030-08 and 111030-09)

Ages: 4-6 (Coed) Saturday, January 21-February 11th 9:00-10:00 AM (4 Sessions)

Ages: 7-8 (Coed) Saturday, January 21-February 11th 10:00-11:00 AM (4 Sessions)

Ages: 9-11 (Coed) Saturday, January 21-February 11th 11:00-12:00 PM (4 Sessions)

The major objective of ECC STREET SOCCER is to give players an innovative non-stop, fun filled opportunity to enjoy soccer in the winter months. Players are divided into 4 teams of 3-5 players and both sides of the gym are sectioned off with padded boundaries in which two teams compete in two 10-minute halves.

Cost: Members = \$30 Non-Members = \$40

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