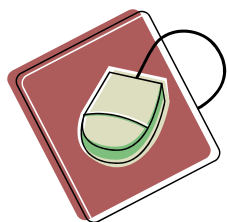


# HPTA Extracurricular Program Information

## Center, Elmwood, Hopkins and the Middle School (Grades 1-8)

### Fall Session 2011



Use our online registration system to enroll your children in our popular, affordable and convenient extracurricular classes. Go to [www.hptaonline.com](http://www.hptaonline.com) and click on "Programs" > "Extracurricular Classes" on the top pull-down menu to begin. Registration is available on a first-come first-served basis at all schools. At the time of online registration you will be able to see how many spots are left in each class. Please see the following pages for the list of classes, dates and costs. Our system accepts payments by VISA, MasterCard and eCheck.

### September 8 – September 15

#### Registration opens at 9:00 p.m. on September 8

#### Early Bird Registration

Discounted Rates for HPTA Members Only  
(\$15 off each class, except 2-day workshops)

*New members are welcome! You can sign up for membership online at the same time you sign up for extracurricular classes, so you won't miss out on the discount. Please note that during the last session, we received 40 registrations within the first two hours of Early Bird registration. Many classes fill quickly!*



**Online Extracurricular  
Registration Coordinator &  
Technical Support**

Amy Ritterbusch  
[extracurricular@hptaonline.com](mailto:extracurricular@hptaonline.com)  
508.625.0467

### Friday, September 16 at 10:00 a.m.

#### General Registration Begins

All Classes are Full Price (no discounts)  
Open to Non-Members and Members

### Friday, September 23

#### Last Day to Register for Extracurricular Classes

### Week of October 3

#### Fall Session Classes Begin

#### **Important Extracurricular Policies:**

- All registrations requested after September 23 must be sent to [extracurricular@hptaonline.com](mailto:extracurricular@hptaonline.com), are subject to a \$50 late fee, will be reviewed by September 27, and are not guaranteed placement.
- If the HPTA cancels a class due to low enrollment you will receive a full refund or you will have the option of switching to another open class.
- No other refunds given except for medical issues. Medical refunds will be determined on a case-by-case basis.
- Refunds will be given by check by October 17, 2011.
- Prompt pick-up is required for participation in HPTA extracurricular classes. On the first occasion of pick-up occurring 15 or more minutes late, a warning will be given. An additional late pick-up will result in the child being withdrawn from the class, without refund, and the child will not be permitted to register for the following session of extracurricular classes.
- Extracurricular Discipline Policy: All children are expected to cooperate with the instructors and other children. Any child who is considered disruptive may be asked to leave after a conference with parents. The HPTA reserve the right to cancel enrollment, with no refunds, at any time due to disruptive behavior as determined by the instructor and HPTA.



**Teaming Up For Education**  
[www.hptaonline.com](http://www.hptaonline.com)

# HPTA Extracurricular Program Information

## Fall Session 2011

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### Center School (Grade 1 Only)

#### Center School Extracurricular Coordinators

Amy Mick [amymick@verizon.net](mailto:amymick@verizon.net) 508.435.2687

Michele Crowe [michelecrowe@verizon.net](mailto:michelecrowe@verizon.net) 508.435.5766

**BUS NOTES:** Parents must send a bus note to the Center School Office at the beginning of the session authorizing their child's participation in the class. From that point forward, a note must be sent only if a class will be missed.

**TIME:** 3:10-4:00 pm



### Monday Classes:

#### Dodgeball – F.A.S.T. Instructors

The most intense and exciting program you have ever seen! The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment! Gatorskin dogeballs will be used which are proven to be the safest dodgeballs out there. Instructors will review safety rules and regulations before each class.

**Enrollment:** Minimum 8/Maximum 18

**Location:** Center School Gym

**Dates:** Mondays 10/3, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28 (8 sessions)

**Time:** 3:10 – 4:00 pm

**Cost:** \$110 for HPTA members during Early Bird only (\$125 after Early Bird)

### Tuesday Classes:

#### Little Singers – Enter Stage Left Theater Instructors

Is your child a budding diva or rock star? If so, our “Little Singers” class is for them! We will explore fun vocal warm ups, sing Broadway and popular song selections and engage in musical theater games. This is the perfect class for the child who loves to “perform” at home, and now they can have fun with peers and age appropriate vocal instruction. Each child will take home a CD of songs learned and will perform a short selection of songs at the last class for family and friends.

**Enrollment:** Minimum 5/Maximum 12

**Location:** Center School Library

**Dates:** Tuesdays 10/4, 10/11, 10/18, 10/25, 11/1, 11/15, 11/22, 11/29 (8 sessions)

**Time:** 3:10 – 4:00 pm

**Cost:** \$110 for HPTA members during Early Bird only (\$125 after Early Bird)

#### Super Sports – F.A.S.T. Instructors

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program! F.A.S.T. Athletics will offer a variety of sports each week such as: soccer, basketball, mat ball, dodgeball, and kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport. Each class will end with a high-energy game with the sport played that day.

**Enrollment:** Minimum 8/Maximum 18

**Location:** Center School Gym

**Dates:** Tuesdays 10/4, 10/11, 10/18, 10/25, 11/1, 11/15, 11/22, 11/29 (8 sessions)

**Time:** 3:10 – 4:00 pm

**Cost:** \$110 for HPTA members during Early Bird only (\$125 after Early Bird)

# HPTA Extracurricular Program Information

## Fall Session 2011

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### Center School (continued)



#### **Thursday Classes:**

##### **Little Actors – Enter Stage Left Theater Instructors**

Does your child love to "put on shows" and be a little actor? Do they love listening to stories? This class will explore a new story book each week and then give students the chance to "act it out!" We will also explore theater games, improvisation, and role playing scenes. Activities will help to improve self-confidence, social skills and explore our creativity through and introduction to acting. Children will perform a short "play" at the last class for family and friends.

**Enrollment:** Minimum 5/Maximum 12  
**Location:** Center School Library  
**Dates:** Thursdays 10/6, 10/13, 10/20, 10/27, 11/3, 11/17, 12/1, 12/8 (8 sessions)  
**Time:** 3:10 – 4:00 pm  
**Cost:** \$110 for HPTA members during Early Bird only (\$125 after Early Bird)

##### **Karate – Christine Howard and Julie Guido, Holliston Villari's Instructors**

This class is a beginner class of Shaolin Kempo Karate. It is a fun and engaging class for kids to learn karate skills and techniques as well as self-control, discipline and other life skills. It is a great way for kids to get exercise in a fun environment. Every child will advance a new rank at the end of the 8 week session.

**Enrollment:** Maximum 25  
**Location:** Center School Gym  
**Dates:** Thursdays 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1 (8 sessions)  
**Time:** 3:10 – 4:00 pm  
**Cost:** \$85 for HPTA members during Early Bird only (\$100 after Early Bird)

#### **Friday Classes:**

##### **Spanish – Perla Alipha, Go Lingo! Instructor**

This 8-week language program is highly interactive and fun! The lessons incorporate songs, fun activities, stories, role-playing and more, enabling children to learn Spanish in an easy and natural way. Students will receive a music CD to help reinforce vocabulary and proper pronunciation at home.

**Enrollment:** Minimum 10/Maximum 15  
**Location:** Center School Library  
**Dates:** Fridays 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (8 sessions)  
**Time:** 3:10 – 4:00 pm  
**Cost:** \$151 for HPTA members during Early Bird only (\$166 after Early Bird)

# HPTA Extracurricular Program Information

## Fall Session 2011

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### Elmwood School (Grades 2 and 3)

#### Elmwood School Extracurricular Coordinators

Peggy Shaw [Peggy\\_shaw@verizon.net](mailto:Peggy_shaw@verizon.net) 508.207.3197

Kristen Strechay [Kristen@strechay.com](mailto:Kristen@strechay.com) 617.513.3144

**BUS NOTES:** Parents must send a bus note to the Elmwood School Office **EVERY WEEK** authorizing their child's participation in the class.

**LOCATION:** Pick-up is in the music room for Amazing Actors and LEGO, in the art room for Clay Creations and Painting and in the gym for Super Sports, Basketball, Girl Power and Karate.

**TIME:** 2:30-3:30 pm (except Karate, which is noted below)



#### Monday Classes:

##### Karate, Julie Guido, Holliston Villari's Instructor

This course is for boys and girls to learn art of Shaolin Kempo Karate. Come and learn the different movements along with building self-confidence and self-control. Instruction for all levels of karate experience!

**Enrollment:** Minimum 10/Maximum 30

**Location:** Gym

**Dates:** Mondays 10/3, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28 (8 sessions)

**Time:** 2:30-3:20 pm

**Cost:** \$85 for HPTA members during Early Bird only (\$100 after Early Bird)

##### Amazing Actors, Enter Stage Left Instructors

Students will be introduced to the craft of acting through theater games, improvisational exercise and short scripts. Students will be exposed to character development and will present a short scene at the end of class for family.

**Enrollment:** Minimum 6/Maximum 15

**Location:** Music Room

**Dates:** Mondays 10/3, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28 (8 sessions)

**Time:** 2:30-3:30 pm

**Cost:** \$105 for HPTA members during Early Bird only (\$120 after Early Bird)

#### Tuesday Classes:

##### Let's Go LEGO! Margie Wiggin, Instructor

Do you love LEGOs? Then join us for LEGO building and challenges. Individual structures will be built and put together to make a town, a zoo, a farm - so many choices. We will discuss what we want to do as a group in our first meeting. In the last few classes, participants will be introduced to programming and using the NXT robot and then see the robot in action with their constructions!! Participants will take home a photo portfolio of their LEGO projects at the end of the session. Ms Wiggin coached LEGO robotics teams through USFIRST for 3 years, has a Master's in Education and is a Teaching Assistant at Elmwood School.

**Enrollment:** Minimum 5/Maximum 15

**Location:** Music Room

**Dates:** Tuesdays 10/4, 10/11, 10/18, 10/25, 11/1, 11/15, 11/22, 11/29 (8 sessions)

**Time:** 2:30-3:30 pm

**Cost:** \$103 for HPTA members during Early Bird only (\$118 after Early Bird)

# HPTA Extracurricular Program Information

## Fall Session 2011

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### Elmwood School (continued)



#### Tuesday Classes (continued):

##### Clay Creations, Bonnie Muir, Elmwood Art Teacher

Discover the magical qualities of clay while hand-building whimsical animal structures, coil pots, tiles, and much more in this class. Children will have fun using their imaginations and learning technical clay skills. There will be suggested projects each week, as well as time for independent exploration.

**Enrollment:** Minimum 10/Maximum 20  
**Location:** Art Room  
**Dates:** Tuesdays 10/4, 10/11, 10/18, 10/25, 11/1, 11/15, 11/22, 11/29 (8 sessions)  
**Time:** 2:30-3:30 pm  
**Cost:** \$150 for HPTA members during Early Bird only (\$165 after Early Bird)

##### Super Sports – F.A.S.T. Instructors

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program! F.A.S.T. Athletics will offer a variety of sports each week such as: soccer, basketball, mat ball, pillo polo, and kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport. Each class will end with a high-energy game with the sport played that day.

**Enrollment:** Minimum 10/Maximum 30  
**Location:** Elmwood School Gym  
**Dates:** Tuesdays 10/4, 10/11, 10/18, 10/25, 11/1, 11/15, 11/22, 11/29 (8 sessions)  
**Time:** 2:30 – 3:30 pm  
**Cost:** \$110 for HPTA members during Early Bird only (\$125 after Early Bird)

#### Thursday Classes:

##### Basketball FUNdamentals, Tom Keane, Elmwood Teacher

Come and learn basketball's basic skills with Mr. Keane along with the Hopkinton High School basketball staff and the Hillers varsity players! We will focus on dribbling, shooting, passing, rebounding and defense. Students will work on individual skills through fun and competitive drills. Students will also learn about team play and sportsmanship as well as gain game experience through scrimmages. Work to improve your basketball skills in a fun environment!

**Enrollment:** Minimum 10/Maximum 40  
**Location:** Elmwood School Gym  
**Dates:** Thursdays 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17 (\*only 7 sessions\*)  
**Time:** 2:30-3:30 pm  
**Cost:** \$106 for HPTA members during Early Bird only (\$121 after Early Bird)

##### Clay Creations, Bonnie Muir, Elmwood Art Teacher

Discover the magical qualities of clay while hand-building whimsical animal structures, coil pots, tiles, and much more in this class. Children will have fun using their imaginations and learning technical clay skills. There will be suggested projects each week, as well as time for independent exploration.

**Enrollment:** Minimum 10/Maximum 20  
**Location:** Art Room  
**Dates:** Thursdays 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1 (8 sessions)  
**Time:** 2:30-3:30 pm  
**Cost:** \$150 for HPTA members during Early Bird only (\$165 after Early Bird)

# HPTA Extracurricular Program Information

## Fall Session 2011

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### Elmwood School (continued)



#### **Friday Classes:**

##### **Girl Power™ by Pathways- Erin Mahoney, Owner/Personal Trainer**

Be Strong, Be Smart, Be Amazing!! A program designed to get girls excited about fitness and feeling fabulous while making new friends. This class features teamwork, self-empowerment activities and fun fitness segments such as boot-camp, yoga, strength training and kick boxing. Healthy eating and fueling for sports are just a few of the great topics that will be covered in this 8 week program! Try something new and discover the "power" of YOU!!

**Enrollment:** Minimum 8/Maximum 20  
**Location:** Gym  
**Dates:** Fridays 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (8 sessions)  
**Time:** 2:30-3:30 p.m.  
**Cost:** \$130 for HPTA members during Early Bird only (\$145 after Early Bird)

##### **Painting, Anne Rainey, H.S. Art Teacher**

Students will find that there is more to the art of painting than meets the eye. We will explore painting techniques from around the world and use tools that go beyond a brush and palette. Each class will be a chance to expand the students' knowledge of how contemporary and traditional artists work, as well as to learn about styles of painting that may not be found on museum walls.

**Enrollment:** Minimum 10/Maximum 15  
**Location:** Art Room  
**Dates:** Fridays 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (8 sessions)  
**Time:** 2:30-3:30 pm  
**Cost:** \$145 for HPTA members during Early Bird only (\$160 after Early Bird)

##### **Let's Go LEGO! Margie Wiggin, Instructor**

Do you love LEGOs? Then join us for LEGO building and challenges. Individual structures will be built and put together to make a town, a zoo, a farm - so many choices. We will discuss what we want to do as a group in our first meeting. In the last few classes, participants will be introduced to programming and using the NXT robot and then see the robot in action with their constructions!! Participants will take home a photo portfolio of their LEGO projects at the end of the session. Ms Wiggin coached LEGO robotics teams through USFIRST for 3 years, has a Master's in Education and is a Teaching Assistant at Elmwood School.

**Enrollment:** Minimum 5/Maximum 15  
**Location:** Music Room  
**Dates:** Fridays 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (8 sessions)  
**Time:** 2:30-3:30 pm  
**Cost:** \$103 for HPTA members during Early Bird only (\$118 after Early Bird)

# HPTA Extracurricular Program Information

## Fall Session 2011

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### Hopkins School (Grades 4 and 5)

#### Hopkins School Extracurricular Coordinators

Amanda Fargiano [amanda.fargiano@gmail.com](mailto:amanda.fargiano@gmail.com) 508.435.3825

**BUS NOTES:** Parents must send a bus note to the Hopkins School Office at the beginning of the session authorizing their child's participation in the class. From that point forward, a note must be sent only if a class will be missed.

**TIME:** 3:10-4:10 pm (for most classes, except Robotics, Girl Power and Basketball, as noted below)



### Mondays

#### Flag Football, F.A.S.T. Athletics Instructors

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and the QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams.

**Enrollment:** Minimum 10/Maximum 30  
**Dates:** Mondays 10/3, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28 (8 sessions)  
**Time:** 3:10-4:10pm  
**Location:** Field (classes held rain or shine)  
**Cost:** \$110 for HPTA members during Early Bird only (\$125 after Early Bird)

#### bFit Yoga, bCalm Studio Instructor Lesley Reilly

Our children live in a hurry-up world of school pressures, incessant video games, and competitive sports. The bustling pace of our children's lives has a profound effect on their innate joy. Yoga provides a counter balance to these pressures and teaches techniques for self-health, relaxation and inner fulfillment. bFit Yoga encourages self-esteem and body awareness with physical activity that's non-competitive. Benefits include: increased core strength, enhanced flexibility, improved concentration and calmness. Yoga is great for both boys and girls, as well as those athletes wishing to increase their strength and flexibility.

**Enrollment:** Minimum 10/Maximum 30  
**Dates:** Mondays 10/3, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28 (8 sessions)  
**Time:** 3:10-4:10pm  
**Location:** Cafeteria  
**Cost:** \$110 for HPTA members during Early Bird only (\$125 after Early Bird)

# HPTA Extracurricular Program Information

## Fall Session 2011

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### Hopkins School (continued)

#### Tuesdays

##### Start with Art, Christine Van

This fun class includes theme-based and color-based lessons. Be inspired by famous artists. Create your own masterpiece! Venture into a multi-media, hands-on class for an art experience. We will work with liquid watercolor paints, acrylic paints, oil pastels, charcoals and more... Students will explore sculpture, weaving, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. Feel free to send your child with an old t-shirt or smock to wear over school clothes, if desired.

**Enrollment:** Minimum 5/Maximum 20  
**Dates:** Tuesdays 10/4, 10/11, 10/18, 10/25, 11/1, 11/15, 11/22 (\*only 7 sessions\*)  
**Time:** 3:10-4:10pm  
**Location:** Cafeteria  
**Cost:** \$160 for HPTA members during Early Bird only (\$175 after Early Bird)



##### Winter Wonderland Art Workshop, Christine Van

Welcome winter with a multi-media art exploration! Come create a whimsical snowman collage, paint with snow effects using a variety of interesting media, create decoupage luminaries, winter-themed watercolor painting and more! Feel free to send your child with an old t-shirt or smock to wear over school clothes, if desired.

**Enrollment:** Minimum 5/Maximum 20  
**Dates:** Tuesdays 12/6 and 12/13 (\*2-day workshop\*)  
**Time:** 3:10-4:10pm  
**Location:** Cafeteria  
**Cost:** \$65 for HPTA members during Early Bird only (\$70 after Early Bird)

##### Robotics (Binary Robot Player), Ed Harrow

Build your own beginner series robot. This battery-controlled kit can teach the basic principles of robotic sensing and locomotion. An infrared sensor and printed circuit board control your programmable friend. Binary Player Robot is more than just fun. Assembling, building, and following instruction help develop fine motor skills and hand-eye coordination. We'll combine learning with doing and with fun! Robot kits and batteries are included in the tuition cost.

**Special note:** *This class starts on 10/4 and runs for 5 weeks. Each class is 90 min, ending at 4:40pm.*

**Enrollment:** Maximum 10  
**Dates:** Tuesdays 10/4, 10/11, 10/18, 10/25, 11/1 (\*only 5 sessions\*)  
**Time:** 3:10-4:40pm  
**Location:** Large Conference Room  
**Cost:** \$145 for HPTA members during Early Bird only (\$160 after Early Bird)

##### Girl Power, Pathways Fitness Instructor Erin Mahoney

Be Strong, Be Smart, Be Amazing!! A program designed to get girls excited about fitness and feeling fabulous while making new friends. This class features teamwork, self-empowerment activities and fun fitness segments such as boot-camp, yoga, strength training and kick boxing. Healthy eating and fueling for sports are just a few of the great topics that will be covered in this 8 week program! Try something new and discover the "power" of YOU!!

**Enrollment:** Minimum 8/Maximum 20  
**Dates:** Tuesdays 10/4, 10/11, 10/18, 10/25, 11/1, 11/15, 11/22, 11/29 (8 sessions)  
**Time:** 3:20-4:20pm  
**Location:** Gym  
**Cost:** \$130 for HPTA members during Early Bird only (\$145 after Early Bird)

# HPTA Extracurricular Program Information

## Fall Session 2011

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### Hopkins School (continued)

#### Thursdays

##### **Pillo Polo, F.A.S.T. Athletics Instructors**

This fast-paced game is very similar to hockey. After a quick introduction to the game, the students will have the opportunity to release all their energy in a three-period game/competition. This program will allow the students a chance to learn an exciting game in a fun and safe environment.

**Enrollment:** Minimum 10 / Maximum 30  
**Dates:** Thursdays 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1 (8 sessions)  
**Time:** 3:10-4:10pm  
**Location:** Gym  
**Cost:** \$110 for HPTA members during Early Bird only (\$125 after Early Bird)



#### Fridays

##### **Stop Motion Lego, Mary Rooney with Eric Kingsley**

Have you ever seen those movies where the figures move around on their own? Did you ever wish you could do that? This time around we'll explore the possibilities of "Stop Motion" animation. We will alternate the movie making process with creative building techniques. We'll also build many different kinds of creations and have lots of interesting challenges.

**Enrollment:** Minimum 5/Maximum 15  
**Dates:** Fridays 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (8 sessions)  
**Time:** 3:10-4:10pm  
**Location:** Large Conference Room  
**Cost:** \$100 for HPTA members during Early Bird only (\$115 after Early Bird)

##### **Basketball, Deanna Law and Jessica Esdale**

Come play basketball with Ms. Law and Ms. Esdale on Friday afternoons. Games will be fun and non-competitive.

**Enrollment:** Minimum 15/Maximum 25  
**Dates:** Fridays 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (\*only 7 sessions\*)  
**Time:** 3:20-4:05pm  
**Location:** Gym  
**Cost:** \$75 for HPTA members during Early Bird only (\$90 after Early Bird)

# HPTA Extracurricular Program Information

## Fall Session 2011

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### Middle School (Grades 6, 7 and 8)

#### Middle School Extracurricular Coordinators

Amanda Fargiano [amanda.fargiano@gmail.com](mailto:amanda.fargiano@gmail.com) 508.435.3825

Mary Baldiga [mbaldiga@verizon.net](mailto:mbaldiga@verizon.net) 508.435.1561

Brigid Macdonald [bmacdonald171@gmail.com](mailto:bmacdonald171@gmail.com) 508.259.4496

**BUS NOTES:** Bus notes are NOT needed for the Middle School.

**TIME:** 2:00-3:00pm

#### Monday Class:

##### bFit Yoga, bCalm Studio Instructor Lesley Reilly

Our children live in a hurry-up world of school pressures, incessant video games, and competitive sports. The bustling pace of our children's lives has a profound effect on their innate joy. Yoga provides a counter balance to these pressures and teaches techniques for self-health, relaxation and inner fulfillment. bFit Yoga encourages self-esteem and body awareness with physical activity that's non-competitive. Benefits include: increased core strength, enhanced flexibility, improved concentration and calmness. Yoga is great for both boys and girls, as well as those athletes wishing to increase their strength and flexibility.

**Enrollment:** Minimum 10/Maximum 30

**Dates:** Mondays 10/3, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28 (8 sessions)

**Time:** 2:00-3:00pm

**Location:** Doyle Gym

**Cost:** \$110 for HPTA members during Early Bird only (\$125 after Early Bird)

#### Tuesday Class:

##### Girl Power, Pathways Fitness Instructor Erin Mahoney

Be Strong, Be Smart, Be Amazing!! A program designed to get girls excited about fitness and feeling fabulous while making new friends. This class features teamwork, self-empowerment activities and fun fitness segments such as boot-camp, yoga, strength training and kick boxing. Healthy eating and fueling for sports are just a few of the great topics that will be covered in this 8 week program! Try something new and discover the "power" of YOU!!

**Enrollment:** Minimum 8/Maximum 20

**Dates:** Tuesdays 10/4, 10/11, 10/18, 10/25, 11/1, 11/15, 11/22, 11/29 (8 sessions)

**Time:** 2:00-3:00pm

**Location:** Doyle Gym

**Cost:** \$130 for HPTA members during Early Bird only (\$145 after Early Bird)