

# Five-Star Sports & Entertainment Academy

21 Ryder Place, East Rockaway, NY 11518

Tel: 516 887 6600 Fax: 516 887 6635

[www.5starsportsacademy.com](http://www.5starsportsacademy.com)

## 2017 Summer PARKOUR NINJA WARRIOR BREAKDANCE Schedule

Time - PM	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00	PARKOUR 5-6 yrs <hr/> NINJA WARRIOR 5-7 yrs	PARKOUR 5-6 yrs <hr/> NINJA WARRIOR 5-7 yrs	PARKOUR 5-6 yrs <hr/> NINJA WARRIOR 5-7 yrs	PARKOUR 5-6 yrs <hr/> NINJA WARRIOR 5-7 yrs	Closed for Afternoon Classes Open at 7:00 pm for Friday Night Drop-ins
5:00-6:30	PARKOUR 7-9 yrs <hr/> NINJA WARRIOR 8-12 yrs	PARKOUR 7-9 yrs <hr/> NINJA WARRIOR 8-12 yrs	PARKOUR 7-9 yrs <hr/> NINJA WARRIOR 8-12 yrs	PARKOUR 7-9 yrs <hr/> NINJA WARRIOR 8-12 yrs <hr/> BREAKDANCE 5-9 yrs 6:00-7:00 pm	
6:30-8:00	PARKOUR 10-17 yrs <hr/> NINJA WARRIOR 13-17 yrs	PARKOUR 10-17 yrs <hr/> NINJA WARRIOR 13-17 yrs	PARKOUR 10-17 yrs <hr/> NINJA WARRIOR 13-17 yrs	PARKOUR 10-17 yrs <hr/> NINJA WARRIOR 13-17 yrs <hr/> BREAKDANCE 10-13 yrs 7:00-8:00 pm	PARKOUR/ NINJA WARRIOR DROP IN CLASS \$28.00 (7-12 yrs) 7:00-8:30PM
8:00-9:30	PARKOUR 18 yrs + Drop-in Class	PARKOUR 18 yrs + Drop-in Class	PARKOUR 18 yrs + Drop-in Class	ACROBATIC PARKOUR 8:00-9:00 10-17 yrs <hr/> BREAKDANCE 14-17 yrs 8:00-9:00 pm	PARKOUR/ NINJA WARRIOR DROP IN CLASS \$28.00 (13 & UP) 8:30-10PM
9:30-11:00		OPEN SKILL SESSION 18+	OPEN SKILL SESSION 18+	OPEN SKILL SESSION 18+	OPEN SKILL SESSION \$15.00 per Session (7-12 yrs) 8:30 -10:00 pm (13 & up) 10:00 – 11:30 pm

Please see class descriptions and fees on other side.

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### PROGRAM DESCRIPTIONS

**Ninja Warrior** - At Five-Star we believe that the benefits of disciplined athletic training is the key to building self-confidence, self-awareness and will instill a valuable sense of purpose in life. The Five-Star Ninja Warrior program accomplishes these benefits for all of its participants through challenging, fun and innovative obstacle course training for children and adults. Come and experience serious obstacle course training in one of our many children or adult classes and participate in the newest craze in obstacle course training here at Five-Star. The Ninja Warrior program offers several classes to fit the needs for any level of participant.

**Parkour** - Parkour is the art of moving over, through, under, or around obstacles, utilizing the natural movements of the human body with freestyle and/or gymnastics style techniques. Incorporating quadrupedal movements, vaults, and climbs, the human body trains itself to overcome obstacles in its path while moving from point "A" to point "B". Being taught how to safely and efficiently move over obstacles in one's path, around stumbling blocks, and through any element, Parkour is the essential tool to make the impossible, possible. Five-Star Parkour invites all beginner, intermediate, and advanced traceurs to try our Parkour program. If you would like to attend a pay as you go "open Parkour session" you must be enrolled in a Parkour class. Please see the class schedule for tuition details.

**Breakdancing** - Learn the history, basics and foundational elements of true Break Dancing. Classes are designed to teach creativity, confidence, and movement using NEW SCHOOL B-Boy techniques. Our Instructors break down fancy moves into fun to learn easy steps. Learn power moves such as flairs, mills, head spins, and much, much more. Classes are for 5 yrs old and up.

<b>PARKOUR 1 HOUR CLASS</b>	<b>\$220.00/9 WEEKS</b>
<b>PARKOUR 1 1/2 HOUR CLASS</b>	<b>\$245.00/9 WEEKS</b>
<b>NINJA WARRIOR 1 HOUR CLASS</b>	<b>\$272.00/9 WEEKS</b>
<b>NINJA WARRIOR 1 1/2 HOUR CLASS</b>	<b>\$299.00/9 WEEKS</b>
<b>PARKOUR DROP-IN CLASS</b>	<b>\$28/NON-MEMBER</b>
<b>PARKOUR DROP-IN CLASS &amp; OPEN SKILL SESSION</b>	<b>\$35/NON-MEMBER</b>
<b>OPEN SKILL SESSION: MEMBER*</b>	<b>\$10.00 SESSION</b>
<b>OPEN SKILL SESSION: NON-MEMBER</b>	<b>\$15.00 SESSION</b>
<b>BREAKDANCING 1 HOUR CLASS</b>	<b>\$148.00/9 WEEKS</b>
<b>BREAKDANCING SKILL SESSION</b>	<b>\$15.00 SESSION</b>

**RATES ARE BASED ON 1 CLASS PER WEEK FOR 9 WEEKS**

**DISCOUNTS:** 10% sibling discount.

10% discount for each additional class, **when paid in full.**

***\*Members are students enrolled in a class during the 2016-2017 Session from September 2016 to August 2017***