

Program Descriptions www.doubleplaycc.com



Kids Zone Drop in Day Care: (2-5 yrs. of age) 9am-10am daily A way for parents and moms to get a workout in our fitness facility or enjoy a group fitness class. Children will be supervised by professional staff who will engage them in fun fitness and general enrichment play.

Cost: \$5/day \$25/Month (discounts for siblings available)

Little Dribblers Basketball PreK-2nd Mondays 5:30-6:15 Basic skill development with ball handling and shooting for young players to begin discovering a love for basketball. Fun drills and games will develop these young athletes' skills.

Men's Open Basketball: 16 and over Mondays 6:30-8:30 PM Recreation Basketball for anyone interested in basic fitness and fun with the game of basketball. Four on Four league will follow this activity in the winter. Great way to get active and develop basic fitness through recreation. **Cost: \$3 at St. Peter's site (New Gym Floor)**

T-Ball Fun and Games: PreK-2nd Wednesdays 5:30-6:15 Great program to begin teaching hand eye coordination in young children. Basic swing to contact lessons and drills along with catching and fielding skill work will surely make this program fun for all who participate.

Softball Lessons: Grades 5 and Up: Wednesday 6:30-7:30 Hitting and Pitching lessons from Bryan Ingalls from Softball Lobby. Coach Ingalls shows dedication and enthusiasm to training female softball athletes of many ages. Coach Ingalls delivers on improvement goals and skill development for greater success in the game of softball. Prices vary based on group training or individual lessons.

Baseball Training & Development: Grades 5 and Up Wednesday 7:30-8:30 All skills related to baseball player development will be offered through group and individual training sessions. Hitting, defense, pitching, speed and agility, and velocity programs can be designed specific for athletes. Collegiate player and successful Coach Dan Myers will work with any level of player who desires to improve their skills and athletic ability. Coach Mike Kogut, another collegiate player and high school coach will be on hand to develop skill success and better performance for players in the North Country. **Call for special pricing**

Boys Basketball Grades 3&4 5&6: Saturdays 9-10: 30 This program will introduce fundamentals to assess the skill levels of all players. Development of dribbling, passing, and shooting will be conducted through drills and competitions to promote fun and learning.

Swim Lessons Ages: Toddler and Up Saturdays: Times TBD Double Play continues to offer swim lessons that are essential to youth development and overall safety for families. Certified staff will use the Lowville Academy pool to deliver quality of life swim lessons for Lewis County year around. **Cost: \$60 for 6 weeks**

Water Aerobics: All ages Mondays/Wednesdays Lowville Pool 7am-7:45 am Essential fitness elements designed for better overall wellness, muscle function, flexibility, and overall health. Improve circulation and energy levels with this great program. **\$5 per session**

Walk Fit Class Tuesday/Friday 11:00 -12:00 at Fitness Center Utica Blvd Basic wellness and movement fitness program designed for seniors seeking general health benefits from light cardio programs. Cost: FREE