

~ Youth Programs ~

LITTLE DRAGONS

Who: Ages 3 - 4
Session: May 7 - 28
Time: Saturdays, 1:15 – 1:45 p.m.
Where: Tom Smith's Chinese Kempo Academy
Fee: \$45
Description: It is an exciting way to introduce children to take direction from a teacher or coach, while learning the skills of martial arts. Such skills include the physical aspects of martial arts, discipline, focus, self-confidence, bully-busting, stranger-danger, and respect for self and others. Children who begin martial arts training at an early age tend to do better and are more focused in school, at home and in other sports.



GRASSHOPPERS

Who: Ages 5 - 6
Session: May 7 - 28
Time: Saturdays, 12:40pm - 1:10pm
Where: Tom Smith's Chinese Kempo Academy
Fee: \$45
Description: Children will learn respect for self and others, self-defense, balance, flexibility, discipline, focus, and healthy habits all with a great instructor liked by all!

CHILDREN'S KARATE

Who: Ages 7 and up
Session: May 7 - 28
Time: Saturdays, 12:00pm - 12:35pm
Where: Tom Smith's Chinese Kempo Academy
Fee: \$45
Description: Children will learn respect for self and others, self-defense, balance, flexibility, discipline, focus, and healthy habits all with a great instructor liked by all!

SINGING LESSONS

Who: Ages 6 - 14
Session: May 5 – June 9
Time: Thursdays, 6:15 – 7:00 p.m.
Where: North Branford Community Center
Fee: \$40
Instructor: Debra K. Levi- Yale Radio Broadcaster
Description: Come and join this class for all the important basics of singing which include- breathing exercises and speech techniques to singing your favorite songs. Learn how to work with your own voice. Please bring a water bottle.



ZUMBATOMIC

Who: Ages 4 - 12
Session I: May 6 – June 10
Session II: August 6 – September 9
Time: Fridays, 4:30 – 5:00
Where: North Branford Community Center
Fee: \$30
Instructor: Kristen Springer
Description: Designed exclusively for kids, Zumbatomic classes are rockin', high-energy fitness-parties packed with special choreographed, child-friendly routines and all the music children love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on their child - increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out your child's fitness program!!

NEW

BABYSITTER'S CERTIFICATION

Who: Ages 11 - 15
Session: June 11
Time: Saturday, 9:00 - 1:00
Where: NB Ambulance Company #4
Fee: \$60
Instructor: Trained American Safety & Health Institute Staff



Class Minimum 8, Class Maximum 15

Description: This training gives the knowledge, skills and confidence to care for infants and school-aged children. This course addresses safety issues, preventing injuries and illnesses, basic childcare, first aid, as well as how to find a babysitting job, how to negotiate a fee and other issues concerning babysitting. Students learn by doing and will be required to demonstrate first aid and other skills. They will be certified by the American Safety and Health Institute!! *If you register for this class and Child/ Infant CPR simultaneously there is a discounted rate of \$55 for both courses.

**THE BENEFITS OF
RECREATION
ARE ENDLESS**