

# The Easton Community Center

## Winter Youth Sport Programs

### Archery Instruction at Robin Hood's Range (Code 101180-02)

**Ages: 7 and up (Coed)** Monday, March 5-April 2nd 5:15-6:15 PM (5 Sessions)

**Cost: Members = \$90 Non-Members = \$110**



### Robin Hood's Open Range Archery Practice (Code 101180-04)

**Ages: 7 and up (Coed)** Friday, March 9-April 13th 7:15-8:30 PM

(5 Sessions, No class 4/6)

**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 111650-02)

**Ages: 4-6 (Coed)** Thursday, March 8-April 5th 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 111650-06)

**Ages: 5-8 (Coed)** Thursday, March 8-April 5th 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 111080-03, 111080-04)

**Ages: 5-7 (Coed)** Wednesday, March 7-April 4th 4:30-5:15 PM (5 Sessions)

**Ages: 8-10 (Coed)** Wednesday, March 7-April 4th 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**

### Core Strength and Agility Training (Code 129610-03, 129610-04)

**Grades 3-5 (Coed):** Saturday, March 10-April 14th 4:30-5:30PM (5 Sessions, No class 4/7)

**Grades 6-8 (Coed):** Saturday, March 10-April 14th 5:30-6:30PM (5 Sessions, No class 4/7)



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 you 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 = \$45 Non-Members = \$60**

## 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](http://www.eastoncommunitycenter.com)

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## Winter Youth Sport Programs

Learn about the All Sports Camp with Coach Couto from Feb. 21-24<sup>th</sup> at [www.eastoncommunitycenter.com/programs/youth-sports!](http://www.eastoncommunitycenter.com/programs/youth-sports!)



### Intro to Sports with Coach Couto (Code 111340-05, 111340-06, 111340-07, 111340-08)

**Ages 2–3.5 (Coed):** Tuesday, March 6-April 3rd 9:00-9:45 AM (5 Sessions)  
**Ages 3.5–4.5 (Coed):** Tuesday, March 6-April 3rd 10:00–10:45AM (5 Sessions)  
**Ages 3.5 – 4.5 (Coed):** Friday, March 9-April 13th 12:00-12:45 PM (5 Sessions, No class 4/6)  
**Ages 2 – 3.5 (Coed):** Friday, March 9-April 13<sup>th</sup> 1:00-1:45 PM (5 Sessions, No class 4/6)

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 111030-16, 111030-17)

**Ages: 3-4 (Coed)**

Wednesday, March 7-April 4th 1:00-1:45 PM (5 Sessions)  
 Thursday, March 8-April 5th 9:00-9:45AM (5 Sessions)

### Children’s Indoor Soccer (Code 111030-04, 111030-05 and 111030-06)

**Ages: 4-6 (Coed)**

Wednesday, March 7-April 4th 2:00-2:45 PM (5 Sessions)  
 Wednesday, March 7-April 4th 4:30-5:15PM (5 Sessions)  
 Thursday, March 8-April 5th 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 111030-10, 111030-11 and 111030-12)

**Ages: 4-6 (Coed)** Saturday, March 10-April 14th 9:00-10:00 AM (5 Sessions, No class 4/7)  
**Ages: 7-8 (Coed)** Saturday, March 10-April 14th 10:00-11:00 AM (5 Sessions, No class 4/7)  
**Ages: 9-11 (Coed)** Saturday, March 10-April 14th 11:00-12:00 PM (5 Sessions, No class 4/7)



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 = \$35 Non-Members = \$50**

### Family Indoor Soccer (Code 121030-01)

**Ages: 9 & up (Coed)**

Saturday, March 10-April 14th 12:00-1:00 PM (5 Sessions, No class 4/7)

Come down and kick it at the ECC this winter. This coed soccer program is designed to give the adults some play time with the kids and help you stay in shape. This fun program welcomes players of all levels. Bring a friend or spouse and we’ll divide teams up each Saturday morning.

**Cost: Members = \$35 Non-Members = \$45**



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