

YOUTH PROGRAMS

Clackamas
503-659-3846

Milwaukie
503-659-3845

Karate

Shudokan School of Karate offers traditional Okinawan karate for all skill levels. Classes held Mon/Wed 4-5pm. These classes are open to all beginning and intermediate students.
1 student \$65/month, 10% discount offered for additional family members.
Call Reed Secunda to arrange for a FREE trial, 503-491-3241.

Milwaukie Location



Tae Kwon Do

Tae Kwon Do for kids ages 6 to 16. Students will learn practical self-defense skills and work towards mind and body coordination. Kids gain confidence, set their own goals and test for belts when they're ready.

Ages 6-9 7:15-7:45pm Thursdays
Members \$23/month Non-Members \$28/month

Ages 10-16 7:45-8:45pm Thursdays
Members \$34/month Non-Members \$40/month

Clackamas Location

SPRING BREAK CAMP

March 21-25
7:30am-5:30pm

The weather may not be nice enough for the kids to go outdoors, but we will make sure they get plenty of exercise! Kids will play court games, do crafts, swim and more! Ages 5-11.

Members 3 Day Camp \$91
5 Day Camp \$130
Non-Members 3 Day Camp \$115
5 Day Camp \$170
10% off for multiple registrations



Milwaukie location

PAJAMA PARTY

Kids will have a fun evening without parents hosted by Miss Jade. Pajamas are welcome, but please make sure to wear athletic shoes for fun and games. Slippers, pillows, blankets and other snuggly items are welcome for quiet time at the end of the evening. Kids should also bring a snack and water bottle.

Friday, April 29th 5:30-8:30pm
Ages 5-11.

*Children under age 5 are welcome in the Child Care during this time. Free for children on Executive Memberships, \$15 for all others. Advance registration is REQUIRED.

Children on Executive memberships \$15
Children on Fitness/Basic memberships \$30
Children not on a membership \$39
Adults No Thank You!
Milwaukie location



Racquetball

East Side Athletic Club offers racquetball programs for all ages. Junior lessons are offered starting at 5 years old and adult group or private lessons are offered for beginners. League play is available for beginning to advanced players. For more information on racquetball programs, email Angie@EastSideAthleticClub.com or call Angie at 503-659-3845.

Milwaukie Location



Milwaukie

503-659-3845

4606 SE Boardman, Milwaukie, OR

ALL CLASSES ARE LIMITED

TO FOUR CHILDREN!

FOR DETAILED CLASS DESCRIPTIONS, PLEASE VISIT OUR WEBSITE:

www.EastSideAthleticClub.com

Clackamas

503-659-3846

9100 SE Sunnyside, Clackamas, OR

TIME	MON/WED
10:45am	Tadpole 3
11:20am	Tadpole 2
11:55am	Tadpole 1
3:45pm	Tadpole 1, Tadpole 2
4:20pm	Tadpole 3, Tadpole 4
4:55pm	Minnow 1, Minnow 3
5:30pm	Minnow 2, Minnow 4
TIME	TUES/THURS
3:30pm	Tadpole 1, Minnow 1
4:05pm	Tadpole 2, Minnow 2
4:40pm	Tadpole 3, Minnow 2
5:15pm	Tadpole 4, Tadpole 1
5:50pm	Tadpole 2, Tadpole 3
6:25pm	Minnow 3, Minnow 4
TIME	SATURDAY
10:30am	Tadpole 1, Tadpole 1.5
11:05am	Tadpole 2, Tadpole 2.5
11:40am	Minnow 1, Minnow 1.5
12:15pm	Minnow 2, Minnow 2.5
12:50pm	Tadpole 3, Minnow 3

Milwaukie Session Dates

Mon./Wed.

April 11-May 4, May 9-June 1 (no class 5/30), June 6-29

Tues./Thurs.

April 12-May 5, May 10-June 2, June 7-June 30

Saturday

April 3-23, May 7-28, June 4-25

Clackamas Session Dates

Mon./Wed.

April 11-May 4, May 9-June 1 (no class 5/30), June 6-29

Tues./Thurs.

April 12-May 5, May 10-June 2, June 7-June 30

- **TADPOLES:** Preschool age children (3-5 yrs)
- **MINNOWS:** School age children (6+ yrs)
- Weekday sessions: Eight 30 minute classes. Saturday sessions: Four 30 minute classes.
- Make-ups will not be offered for missed classes.
- ALL CLASSES ARE LIMITED TO FOUR STUDENTS!
- **CANCELLATION POLICY:**
 - Cash refunds will only be issued if class is cancelled by the Club
 - Participants who cancel or reschedule with a minimum 7 days notice may receive a club credit less a processing fee.



TIME	MON/WED
3:30pm	Tadpole 1, Minnow 4
4:00pm	Tadpole 3, Minnow 2
4:30pm	Tadpole 2, Minnow 3
5:00pm	Tadpole 3, Minnow 4/5
6:30pm	Tadpole 3/4, Minnow 4/5
7:00pm	Tadpole 2, Minnow 3
TIME	TUES/THURS
3:30pm	Tadpole 2, Minnow 2
4:00pm	Tadpole 3, Minnow 3
4:30pm	Tadpole 2, Minnow 2
5:00pm	Tadpole 3/4, Minnow 4/5
5:30pm	Tadpole 1, Minnow 3

Swim Team

Swim team is a fun way for your child to learn a life skill. Your child will learn proper mechanics and breathing technique while improving cardiovascular fitness. Swimming is a fitness routine your child can continue well into adulthood. East Side's coaches work to create a team environment. Kids will learn good sportsmanship, boost self-esteem and make new friends.

Intro to Swim Team: Swimmers must be able to swim one length of the pool using front and back crawl strokes.

Intermediate Swim Team: Swimmers must be able to swim front crawl with side breathing two lengths of the pool, back stroke two lengths of the pool and have knowledge of breast stroke and butterfly.

Advanced Swim Team: Swimmers must be approved by Coaching Staff.

Check with your Coach for information about December Technique Clinics!

Clackamas March 28-June 10 M/W/F

5:30-6:15 Intro
5:30-6:15 Intermediate/Advanced

Milwaukie March 29-June 10 T/Th/Fri

4:30-5:15pm T/Th 6-7pm Fri Intro
5:15 - 6:00pm T/Th, 6-7pm Fri Intro
6- 7pm T/Th/Fri Intermediate
7- 8pm T/Th, 6-7pm Fri Advanced



Swim Lessons



PROGRAM

MEMBER

NON-MBR

Weekday Group Lessons	\$59.00	\$69.00
Saturday Group Lessons	\$32.00	\$42.00
Welcome To The Water	\$59.00	\$69.00
Adult Lessons	\$45.00	\$55.00
Intro To Swim Team	\$147.50	\$170.00
Int./Adv. Swim Team	\$180.00	\$210.00

Private Lessons are also available for Members/Non-Members of all ages. Contact the Club for pricing and scheduling.