

YOUTH PROGRAMS

East Side
ATHLETIC CLUBS

Since 1977

FALL 2019

EastSideAthleticClub.com

JUNIOR CERTIFICATION

This program is designed to educate participants about safe, effective exercise and appropriate behavior in the fitness center. Graduates earn the privilege of using the fitness center normally restricted to 13 years of age or older.

Parental supervision is not required.

Ages 10-12 Members \$70

Milwaukie Location

9:30am-1:30pm

Sept. 21st, Nov. 9th

Clackamas Location

5:00-8:00pm

Oct. 4th, Nov. 15th

BASKETBALL CLINIC

Coach Vince will help players develop athletically by refining their fundamental basketball skills and enhancing their skill set at the post, wing & guard position.

Members \$99 Non-Members \$119

Milwaukie Location

Oct. 1st - Oct. 24th Tue/Thur 7:00-8:00pm

Nov. 5th - Nov. 26th Tue/Thur 7:00-8:00pm

KIDS NIGHT IN

Ages 5-11 No Parent's Allowed

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. Children should also bring a water bottle and snack.

Members \$25 Non-Members \$39

Milwaukie Location

5:30-8:30pm

Sept. 27th, Nov. 29th

Clackamas Location

5:30-8:30pm

Dec. 6th

TAE KWON DO

Ages 6-16

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 are ready!

Members \$39 Non-Members \$45

Clackamas Location

Wed 7:15-8:15pm

Sept. 7th-Sept. 28th, Oct. 2nd-Oct. 23rd

Oct. 30th-Nov. 20th

KARATE

Shudokan School of Karate offers traditional Okinawan karate for all skill levels. Participants 5yrs. to Adult.

Mon/Wed 4:00-5:00pm

\$65/mo. per student

Additional family members 10% off

ADULT CLASS

Mon/Wed 7:15-8:15pm

Call Reed Secunda to arrange for a FREE TRIAL: 503-491-3241

Milwaukie Location

1 DAY CAMP

We will keep your kids active for the day with tons of games, swimming, sports & more!

Nov. 11th 9:00am-4:00pm

Before & after FREE extended care available 7:30am-9:00am & 4:00pm-5:30pm

Members \$65

Non-Members \$85

Milwaukie Location

THANKSGIVING CAMP

Ages 5-11

The Weather may not be nice 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! Before & after FREE extended care available 7:30am-9:00am & 4:00pm-5:30pm

Nov. 25th-Nov.27

Mon-Wed 9:00am-4:00pm

Members \$129 Non-Members \$165

Milwaukie Location

SWIM PROGRAMS

FALL 2019

EastSideAthleticClub.com

CLACKAMAS

9100 SE SUNNYSIDE RD
503.659.3846

TIME	MON/WED
3:30pm	Tadpole 4 Minnow 4
4:00pm	Tadpole 3 Minnow 2
4:30pm	Tadpole 2 Minnow 3
5:00pm	Tadpole 1 Minnow 1
5:30pm	Tadpole 1 Minnow 1
6:00pm	Tadpole 2 Minnow 2
6:30pm	Tadpole 3 Minnow 3
7:00pm	Tadpole 4 Minnow 4
TIME	TUE/THUR
3:30pm	Tadpole 1 Minnow 1
4:00pm	Tadpole 2 Minnow 2
4:30pm	Tadpole 3 Minnow 3
5:00pm	Tadpole 4 Minnow 4
5:30pm	Tadpole 1 Minnow 2

SESSION DATES:

Mon/Wed: 9/9-10/2
10/7-10/30, 11/4-12/4

*No lessons 11/25-11/28

Tue/Thur: 9/10-10/3
10/8-10/29, 11/5-12/5

*No lessons 10/31 & 11/25-11/28

MEMBERS: \$62
NON-MEMBERS: \$74



MILWAUKIE

4606 SE BOARDMAN
503.659.3845

TIME	MON/WED
3:30pm	Tadpole 1 Tadpole 2
4:00pm	Tadpole 3 Minnow 2
4:30pm	Minnow 3 Minnow 1
5:00pm	Tadpole 2 Minnow 2
5:30pm	Tadpole 1 Minnow 4
TIME	TUE/THUR
4:00pm	Tadpole 1 Minnow 1
4:30pm	Tadpole 2 Minnow 2
5:00pm	Tadpole 3 Minnow 3
5:30pm	Tadpole 1 Minnow 4
6:00pm	Tadpole 4 Minnow 2
6:30pm	Tadpole 2 Minnow 4

TADPOLES: Preschool Age
MINNOWS: School Age
Eight 30min classes. 4 kids max per class. No makeups.

SWIM TEAMS: Our coaches create a team environment where your child will learn good sportsmanship, boost self-esteem and make new friends. To join Swim Team swimmers must be able to swim free style with side breathing two lengths of the pool, back stroke two lengths of the pool and have knowledge of breast stroke and butterfly. **MEMBERS: All Levels \$195 NON-MEMBERS: All Levels \$225**

CLACKAMAS: Sept. 9th - Nov. 22nd

Intro: M/W/F 4:30-5:30pm
Intermediate: M/W/F 5:30-6:30pm
Advanced: M/W/F 6:30-7:30pm

MILWAUKIE: Sept. 10th - Nov. 22nd

Intro: T/TH 4:00-5:00pm F 5:00-6:00pm
Intermediate: T/TH 5:00-6:00pm F 5:00-6:00pm
Advanced: T/TH 6:00-7:00pm F 5:00-6:00pm

**10% OFF SWIM & CAMP FOR YOUTH
ON EXECUTIVE MEMBERSHIPS**

**ASK ABOUT OUR
BIRTHDAY PARTY PACKAGES!**