

YOUTH & TEEN PROGRAMS

JR. BANTAMS BASKETBALL LEAGUE



All Out Basketball Academy is the most exciting youth basketball league in Northern California! We offer programs for boys and girls, ages 4 – 17 from all areas. We offer year round youth basketball leagues in Hercules, Clayton and Antioch. Over 2000 kids are participating annually in our programs. Our Academy is committed to providing quality teaching, training and playing experiences. Our goal is to develop future generations of basketball players who represent the game, themselves and the community with the highest level of character. Teams use NBA team names, players keep their uniforms after the season and most games are streamed live over the internet. This league will offer (1) practice and (1) game a week.

*Jr. Bantams Player Evaluation is Monday, January 6, 2020 from 6:00pm-7:00pm at the Hercules Community Center. Please arrive 10 minutes early to check-in. Please create an account on the AOSL website (free) to receive all of your team information such as practice times, games schedule.

10-13 years, Hercules Community Center

15511-A 1/13-3/7 \$205/\$246NR

Game Day: Saturday 8:30am, 9:30am or 10:30am

Practices will begin the week of January 13, 2020 – Monday, Tuesday or Wednesday (*No Practice – 1/20 & 2/17 – Holiday)

OPEN GYM

Come on down to the Community Center for an energetic game of Basketball, Pickleball or Volleyball. All levels welcome! Our open gym passes can be used for either volleyball or basketball. Passes are valid throughout the year and never expire.

| | | |
|------|----------------|------------|
| M/W | 10:00am-4:00pm | Basketball |
| W | 10:00am-4:00pm | Pickleball |
| T/TH | 10:00am-4:00pm | Volleyball |

Please note: Open Gym times are subject to change.

Open Gym Passes

| | | |
|-------|-----------|---------------|
| Youth | 10 Visits | \$30/\$40NR |
| Youth | 25 Visits | \$75/\$100NR |
| Adult | 10 Visits | \$40/\$50NR |
| Adult | 25 Visits | \$100/\$125NR |

Daily Visit Fees

| | |
|--------------|-----------|
| Youth/Senior | \$4/\$5NR |
| Adult | \$5/\$6NR |

Senior 55+/Youth 2-17 years / Adult 18+



KARATE DOJO

Students will learn the basic fighting skills of Karate, self-discipline, self-esteem and confidence in protecting themselves. We teach each student to know the danger of people and to protect themselves if he or she is in a threatening situation. Karate will help you develop physical strength, coordination, and mental focus. Over time your body and mind will become stronger. Karate is an activity that is fun and for the whole family! We offer the first month free and family discounts, visit www.herculeskaratedojo.com for more information. Sign up today!

7+ years, Van Domselaar Room & Senior Center

| | | |
|---------|----------|-------------|
| 13550-A | 1/7-1/30 | \$80/\$85NR |
| 13550-B | 2/4-2/27 | \$80/\$85NR |
| 13550-C | 3/3-3/26 | \$80/\$85NR |
| 13550-D | 4/7-4/30 | \$80/\$85NR |

Class Schedule

Tuesday-Van Domselaar Room ***NEW LOCATION**

| | |
|---------------------|-------------|
| White Belts | 6:00-6:45pm |
| Yellow/Orange Belts | 6:45-7:45pm |

Wednesday-Senior Center

| | |
|--------------------------|-------------|
| White Belts | 6:00-6:45pm |
| Green/Purple/Brown Belts | 6:45-7:45pm |

Thursday-Senior Center

| | |
|-----------------------------|-------------|
| Yellow & Orange Belts | 6:00-7:00pm |
| Green, Purple & Brown Belts | 7:00-8:00pm |

KARATE DOJO FREE TRIAL

This class is dedicated to teach Karate basics, give you knowledge about our school, and establish a foundation for your martial arts. Participants can come to class in comfortable workout attire.

7+ years, Van Domselaar Room ***NEW LOCATION**

| | | | | |
|---------|----------|-----|-------------|------|
| 13540-A | 1/7-1/28 | Tue | 6:00-6:45pm | Free |
| 13540-B | 2/4-2/25 | Tue | 6:00-6:45pm | Free |
| 13540-C | 3/3-3/24 | Tue | 6:00-6:45pm | Free |
| 13540-D | 4/7-4/28 | Tue | 6:00-6:45pm | Free |



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HNSA BASKETBALL SKILLS CLINICS

Our basketball skills clinics are for kids who want to learn the basic fundamentals of basketball and have fun while doing it! We offer training for all skill levels from the basic, intermediate and elite. Coach Marcus, professional skills trainer, will help develop young players with the skills to overcome "game like" obstacles with basketball concepts and training methods. All participants must bring their own ball to practice.



Basic Skills Clinic 1

9-14 years, Community Center

| | | | | |
|---------|----------|------|-------------|-------------|
| 15410-A | 1/9-1/30 | Thur | 5:00-6:00pm | \$100/120NR |
| 15410-B | 2/6-2/27 | Thur | 5:00-6:00pm | \$100/120NR |
| 15410-C | 3/5-3/26 | Thur | 5:00-6:00pm | \$100/120NR |
| 15410-D | 4/2-4/23 | Thur | 5:00-6:00pm | \$100/120NR |

Basic Skills Clinic 2

6-8 years, Community Center

| | | | | |
|---------|----------|------|-------------|-------------|
| 15411-A | 1/9-1/30 | Thur | 6:00-7:00pm | \$100/120NR |
| 15411-B | 2/6-2/27 | Thur | 6:00-7:00pm | \$100/120NR |
| 15411-C | 3/5-3/26 | Thur | 6:00-7:00pm | \$100/120NR |
| 15411-D | 4/2-4/23 | Thur | 6:00-7:00pm | \$100/120NR |

Intermediate Skills Clinic

10-17 years, Community Center

| | | | | |
|---------|----------|------|-------------|-------------|
| 15412-A | 1/9-1/30 | Thur | 7:00-8:00pm | \$100/120NR |
| 15412-B | 2/6-2/27 | Thur | 7:00-8:00pm | \$100/120NR |
| 15412-C | 3/5-3/26 | Thur | 7:00-8:00pm | \$100/120NR |
| 15412-D | 4/2-4/23 | Thur | 7:00-8:00pm | \$100/120NR |



BAYTWILIGHTS CHEER HERCULES POM SQUAD

Have you always wanted to cheer and have fun while making new friends? Baytwilights team emphasizes on tumbling, stunting, arm motion technique and jumps. This competitive team will prepare you for 2 competitions! *\$151.00 Fee will be due in February for Competitive

Fees and Uniform (Includes: vest, skirt, socks, bloomers, hairbow, and shoes).

4-8 years, Dynamite Room

| | | | | |
|---------|----------|-----|-------------|---------------|
| 15311-A | 1/7-4/28 | Tue | 5:30-6:30pm | \$300/\$330NR |
|---------|----------|-----|-------------|---------------|

ART WITH KIKI – WINTER WONDERLAND *NEW

In this fun art class we will experiment with clay, make puppets and other art projects. All projects go home the last day of class, after our finger food pot luck celebration, mini art show and puppet parade. Parents and family are invited to the last day of class, April 1st at 2:30pm to enjoy all the fun! *There is a \$30 lab fee that is due and paid to Kiki Rostad on the first day of class.

5-10 years, Lupine Kidz Center

| | | | | |
|---------|----------|-----|-------------|-------------|
| 13130-A | 2/26-4/1 | Wed | 1:45-3:00pm | \$60/\$72NR |
|---------|----------|-----|-------------|-------------|

BAKING ROUND THE WORLD

Enjoy breads, cookies, cakes, cupcakes, buns, tarts, muffins, brownies, flatbreads and more?? Enjoy it with an international spin! Our baking will span the world. Each country has its own flavors, spices and baking crafts. Children will hear about the global origins of what they make, learn to be discerning about tastes, and lick their fingers from the deliciousness! *\$40 Material Fee due to instructor on first day of class.



6-13 years, Community Center Kitchen

| | | | | |
|---------|----------|-----|-------------|---------------|
| 13000-A | 1/8-2/26 | Wed | 4:00-5:30pm | \$176/\$210NR |
|---------|----------|-----|-------------|---------------|

PIZZA MANIA *NEW

If your child is a pizza hound, this is the class for them! At least 2 different pizza's each day! From Indian Naan bread pizza to French benedict pizza, to German berry desert pizza. Children will learn to make and love to eat a variety of pizzas. There will be additional side dishes. *\$40 Material Fee due to instructor on first day of class.

6-13 years, Community Center Kitchen

| | | | | |
|---------|----------|-----|-------------|---------------|
| 13000-B | 3/4-4/29 | Wed | 4:00-5:30pm | \$176/\$210NR |
|---------|----------|-----|-------------|---------------|

*No class meeting on 4/8

BAY AREA DRIVING SCHOOL

This online driver's education course is provided by Bay Area Driving School. DMV allows teens to receive their Learner's Permit at age 15 ½ and a license at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures, etc. A licensed instructor is available to answer any questions. Receive DMV-approved certificate of completion. Sign up any time. Registration is ongoing.

January (ongoing): 16790-A

February (ongoing): 16790-B

March (ongoing): 16790-C

April (ongoing): 16790-D

Fees: \$22 Residents / \$27 Non-residents

YOUTH & TEEN PROGRAMS

X-FIT LIL NINJA TRAINING (5-12 years)

Would you like your child to be the next American Ninja Warrior? X-Fit Lil' Ninja Warrior is designed for all levels. This is a non-competitive program that helps your child develop gross motor skills, core strength, balance, and control of their body in an athletic atmosphere. Your Lil' Ninjas will be getting fit while overcoming obstacle courses.



Day: Mondays, Wednesdays, & Saturdays
Dates: 1/6-1/29
Times: 5:00-5:50pm (Monday/Wednesday)
10:00-10:50am (Saturday)
Location: Foxboro Community Center
Fees: (5) sessions/month = \$75R / \$90NR
(10) sessions/month = \$120R / \$144NR
(Unlimited) sessions/month = \$140R / \$168NR
Code: (5) sessions: 17180-A
(10) sessions: 17180-B
(Unlimited) sessions: 17180-C

Day: Mondays, Wednesdays, & Saturdays
Dates: 2/1-2/29 (*No Class – 2/17)
Times: 5:00p-5:50p (Monday/Wednesday)
10:00a-10:50a (Saturday)
Location: Foxboro Community Center
Fees: (5) sessions/month = \$75R / \$90NR
(10) sessions/month = \$120R / \$144NR
(Unlimited) sessions/month = \$140R / \$168NR
Code: (5) sessions: 17181-A
(10) sessions: 17181-B
(Unlimited) sessions: 17181-C

Day: Mondays, Wednesdays, & Saturdays
Dates: 3/2-3/30
Times: 5:00-5:50pm (Monday/Wednesday)
10:00-10:50am (Saturday)
Location: Foxboro Community Center
Fees: (5) sessions/month = \$75R / \$90NR
(10) sessions/month = \$120R / \$144NR
(Unlimited) sessions/month = \$140R / \$168NR
Code: (5) sessions: 17182-A
(10) sessions: 17182-B
(Unlimited) sessions: 17182-C

Day: Mondays, Wednesdays, & Saturdays
Dates: 4/1-4/29
Times: 5:00-5:50pm (Monday/Wednesday)
10:00-10:50am (Saturday)
Location: Foxboro Community Center
Fees: (5) sessions/month = \$75R / \$90NR
(10) sessions/month = \$120R / \$144NR
(Unlimited) sessions/month = \$140R / \$168NR
Code: (5) sessions: 17183-A
(10) sessions: 17183-B
(Unlimited) sessions: 17183-C

X-FIT BOOT CAMP (13 years & older)

X-Fit Boot Camp is an inspiring, fun and challenging group fitness class designed to benefit everyone from a first-timer to a seasoned athlete. Bringing together elements of athletic conditioning, strength training, core and functional training, body weight exercise, stretching and plyometric training, the X-Fit Boot Camp is scalable to individual needs and is designed to improve your quality of life.



Day: Mondays, Wednesdays, & Saturdays
Dates: 1/6-1/29
Times: 6:10-7:00pm (Monday/Wednesday)
9:00-9:50am (Saturday)
Location: Foxboro Community Center
Fees: (5) sessions/month = \$75R / \$90NR
(10) sessions/month = \$120R / \$144NR
(Unlimited) sessions/month = \$140R / \$168NR
Code: (5) sessions: 17190-A
(10) sessions: 17190-B
(Unlimited) sessions: 17190-C

Day: Mondays, Wednesdays, & Saturdays
Dates: 2/1-2/29 (No class 2/17)
Times: 6:10-7:00pm (Monday/Wednesday)
9:00-9:50am (Saturday)
Location: Foxboro Community Center
Fees: (5) sessions/month = \$75R / \$90NR
(10) sessions/month = \$120R / \$144NR
(Unlimited) sessions/month = \$140R / \$168NR
Code: (5) sessions: 17191-A
(10) sessions: 17191-B
(Unlimited) sessions: 17191-C

Day: Mondays, Wednesdays, & Saturdays
Dates: 3/2-3/30
Times: 6:10-7:00pm (Monday/Wednesday)
9:00-9:50am (Saturday)
Location: Foxboro Community Center
Fees: (5) sessions/month = \$75R / \$90NR
(10) sessions/month = \$120R / \$144NR
(Unlimited) sessions/month = \$140R / \$168NR
Code: (5) sessions: 17192-A
(10) sessions: 17192-B
(Unlimited) sessions: 17192-C

Day: Mondays, Wednesdays, & Saturdays
Dates: 4/1-4/29
Times: 6:10-7:00pm (Monday/Wednesday)
9:00-9:50am (Saturday)
Location: Foxboro Community Center
Fees: (5) sessions/month = \$75R / \$72NR
(10) sessions/month = \$120R / \$144NR
(Unlimited) sessions/month = \$140R / \$168NR
Code: (5) sessions: 17193-A
(10) sessions: 17193-B
(Unlimited) sessions: 17193-C