

YOUTH SOCCER



GLOW in The DARK SOCCER



YOGA



Children's Yoga

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INTRODUCING OUR Longfellow KID'S CLUB

Ages 5 – 12

March 4 – April 1

Ages 5 & up – Drop off
\$49 unlimited monthly
\$99 non-members
\$15 day drop in Members
\$25 day Non-member

Hours available school year

Monday- Thursday 3:30-7pm

½ day Wednesday 2:30-7

Friday 3:30-5:30pm

Saturday 9:30-12:30pm

Sunday 11-3pm

www.longfellowhealthclubs.com

522 Boston Post Road
Wayland, MA 01778
508-358-9675

YOUTH BASKETBALL



DANCE FUN



FLOOR HOCKEY



Look what's NEW!!

DODGEBALL



FITNESS FUN



WOD/FUN with Food



**We are a NUT FREE
Facility**



**Air Hockey, Indoor Basketball
Arcade game, Ping Pong &
Indoor Football/Disc shooting
Game!**

**Kid's Nights out – Fridays 5:30-8:30pm
Popcorn & a Movie Too!!!**

***We rent & bring in Groups!**

For More Info - Contact
Tnewton-moineau@longfellowhealthclubs.com

Please Bring this with you for a **FREE Class**

Name: _____

Age: _____

Date: _____ Phone# _____

Parents Signature: _____

Email: _____

INSTRUCTORS

KELLY BRICE – An international Soccer player in France. He played soccer at Salem State College & a certified soccer coach through MASS Soccer. He is the creator of **FUNKY GROOVE** dance too! He also teaches Adult classes at Longfellow.

Jackie Duffy – A soccer coach at LS & a soccer player herself. She brings knowledge & skill to both soccer & hockey. Jackie is also a Group Exercise teacher at Longfellow.

Melissa Seastead – Melissa is a 200 hr certified Yoga teacher with a passions for kids & adolescents. She teaches kids yoga during the week.

Carol Kagan – Carol has been teaching kids yoga For over 15 years. Her love for kids & yoga make it a great class for kids! Carol teaches on the weekends.

Teresa Newton-Moineau – Teresa is the Group Exercise Director at Longfellow & a kid's fitness teacher for over 20 years. Her expertise is with kids & also teaches "Fun with food"!

Ethan Silvus – Ethan works in the fitness department at Longfellow but has a knack for kids. He teaches Dodgeball, football & basketball.

Ari Kagan – Ari is our front desk greeter than graduated from the University of Richmond in 2018 & has worked in research & psychology fields. He is excited to be at the Youth Sports Zone!

