

YOUTH SOCCER



YOGA



FOOT-DOG-SOC

A combination of Soccer,
Dodgeball & football.
A new game created by our
own Kelly Brice!

NEWCOMB/VOLLEYBALL



**INTRODUCING OUR
Longfellow KID'S CLUB
Ages 5 – 12**

September 3 – December 20

**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 3:30-6:30pm
Friday 3:30-5:30pm
Saturdays 9:30-12:30
Sundays 11-2:30pm

www.longfellowhealthclubs.com

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

YOUTH BASKETBALL



DANCE FUN



FLOOR/FIELD HOCKEY



DODGEBALL



FITNESS FUN



WOD/FUN with Food



We are a NUT FREE Facility

Back to School Party
Sept. 13 ~ 6-8pm - \$10
Halloween Party ~ Dress up
Oct. 31 ~ 3:30-5pm~FREE
Holiday Party
Dec. 6 ~ 6-8pm -\$10

Kid's Night Out for 2019
Sports/Movies/fun
Pizza & Snacks
Oct. 4, Oct. 18, Oct. 25
Nov. 8, Nov. 15, Nov. 22
6-8:30 pm ~ \$20

CLOSED Columbus Day Oct. 14
Thanksgiving ~ Nov. 28 & 29
Christmas & New Year's day

NO School days OPEN 10-3 pm
Rosh Hashanah, Yom Kipper
Veteran's Day

Sign up or contact Teresa @
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.

Donna Paladino– Donna is a 200 hr certified Yoga teacher with a passions for kids & adolescents. She is an educator in social emotional learning through breathing & meditation practice with her yoga.

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 & Youth Sports Zone director. 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.

Michael Villodas- Michael is an experienced basketball player who excelled at Marlborough HS & entering into college. He has taught Basketball for us for a year & a camp counsler.