



St. Anne After-School Enrichment Fall 2024

Registration Form

TENNIS (K-6th)

You'd never believe tennis could be so *fun*! ANTS tennis at St. Anne will be an encouraging team environment with positive coaching, learning, and fun tennis games for your children. Our program welcomes all new and experienced players of all skill levels, even those who have never touched a racket. Our approach is to teach the FUNdamentals of tennis through individual hand-eye coordination, partner activities, and fun team tennis games. Using modified equipment that has been adopted by the USTA (smaller nets and rackets and easier to hit balls), our program allows your child to explore tennis at the right pace. In class we'll focus on building healthy habits, team camaraderie, and good sportsmanship on and off the court. Come join us at ANTS Tennis! Learn more about our curriculum & safety protocols at www.antssports.com.

More information:

- Mondays, from Aug 26 - Dec 9 (13 weeks) No class on 9/2, 10/14, 11/11
- 2:15-3:15pm (runs early from 12:45-1:45pm on minimum days 9/9, 9/23, 10/28, 11/25)
- St. Anne school yard, right after school!
- Coaches: Pratek & Noble

YOGA (2nd-6th)

Join Teacher Lizzy on Thursdays in the library for a wonderful season of after school yoga! St. Anne Yoga welcomes all students, providing them a space to explore creative movements and learn yoga technique. During each class we will stretch, warm up and strengthen our bodies, introduce new movements, learn combinations, and practice as a group. We will also practice regular journaling, reflection, and social emotional learning through games. The movement styles explored will help children enjoy life, decompress, improve strength and flexibility, and breathe! We will also focus on the interests particular to each class. Learn more about our curriculum & safety protocols at www.antssports.com.

More information:

- Thursdays, from Sept 5 - Dec 12 (13 weeks) No class on 11/7, 11/28
- 3:15-4:15 pm
- Teacher: Lizzy
- St. Anne library, right after school!

Select the program you're registering for by circling with pen:

- Monday Tennis K-6th 2:15-3:15p.m. - \$335 (13 classes) - Aug 26 - Dec 9

Thursday Yoga 2nd-6th 3:15-4:15p.m. - \$315 (13 classes) - Sept 5 - Dec 12th

Participant Name: _____ Date of Birth: _____

Grade: (Circle One) K 1st 2nd 3rd 4th 5th 6th

Mailing

Address: _____

Parent or Guardian Name: _____

Email Address (PLEASE WRITE LEGIBLY!) : _____

Daytime Phone: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____

PAYMENT: Please enclose a check and make payable to St. Anne School, and submit it in the school office.

Release Statement

I, the undersigned, hereby agree to participate in the ANTS program. I certify that, to the best of my knowledge, the minor fore-mentioned is: physically fit and able to engage in the programmed activities. I agree to indemnify and hold the ANTS organization and its employees harmless from any liability, loss, cost or expense (including, but not limited to, attorney's fees, medical fees, and ambulance costs) that I may incur as a result of participation in any program activities. In case of emergency, I give my permission for emergency medical treatment. This statement is also valid for any minors that I allow to participate. My signature acknowledges that I understand and agree to the above conditions.

Parent / Guardian Signature _____ Date: _____

Printed Name _____

Please feel free to direct any questions to hello@antssports.com.