

Fall 2020 Program Schedule *All Times PST*

MIND AND BODY SERIES

STEM Sports: Multi-Sport | Ages 5-7 | 5-Session, 45-Minute Class Format | \$59 (\$49 + \$10 SSA Fee)

CLASS DATES:	TIMES (all PST):
Wednesdays 9/23 to 10/21	1:00pm – 1:45pm
Wednesdays 11/4 to 12/9	1:00pm – 1:45pm

STEM Sports: Multi-Sport | Ages 7-12 | 5-Session, 45-Minute Class Format | \$59 (\$49 + \$10 SSA Fee)

CLASS DATES:	TIMES (all PST):
Tuesdays 9/22 to 10/20	4:00pm – 4:45pm
Fridays 9/25 to 10/23	1:00pm – 1:45pm
Tuesdays 11/3 to 12/8	4:00pm – 4:45pm
Fridays 11/6 to 12/11	1:00pm – 1:45pm

Esports & Play: Rocket League | Ages 7-12 | 5-Session, 1.75-Hour Class Format | \$99 (\$79 + \$20 SSA Fee)

CLASS DATES:	TIMES (all PST):
Mondays 9/21 to 10/19	1:30pm – 3:15pm
Mondays 11/2 to 12/7 *No Class 11/23	1:30pm – 3:15pm

Esports & Play: Fortnite | Ages 10-14 | 5-Session, 1.75-Hour Class Format | \$99 (\$79 + \$20 SSA Fee)

CLASS DATES:	TIMES (all PST):
Thursdays 9/24 to 10/22	4:00pm – 5:45pm
Thursdays 11/5 to 12/10 *No Class 11/26	4:00pm – 5:45pm

Fall 2020 Virtual Class Series



STAYING ACTIVE SERIES

Soccer Skills | Ages 6-12 | 5-Session, 45-Minute Class Format | \$49

CLASS DATES:	TIMES (all PST):
<i>Wednesdays 9/23 to 10/21</i>	<i>4:00pm – 4:45pm</i>
<i>Fridays 9/25 to 10/23</i>	<i>12:00pm – 12:45pm</i>
<i>Wednesdays 11/4 to 12/9 *No Class 11/25</i>	<i>4:00pm – 4:45pm</i>
<i>Fridays 11/6 to 12/11 *No Class 11/27</i>	<i>12:00pm – 12:45pm</i>

Basketball Skills | Ages 6-12 | 5-Session, 45-Minute Class Format | \$49

CLASS DATES:	TIMES (all PST):
<i>Mondays 9/21 to 10/19</i>	<i>4:00pm – 4:45pm</i>
<i>Thursdays 9/24 to 10/22</i>	<i>12:00pm – 12:45pm</i>
<i>Mondays 11/2 to 12/7 *No Class 11/23</i>	<i>4:00pm – 4:45pm</i>
<i>Thursdays 11/5 to 12/10 *No Class 11/26</i>	<i>12:00pm – 12:45pm</i>

PhysEd Fun | Ages 6-12 | 5-Session, 45-Minute Class Format | \$49

CLASS DATES:	TIMES (all PST):
<i>Mondays 9/21 to 10/19</i>	<i>2:30pm – 3:15pm</i>
<i>Tuesdays 9/22 to 10/20</i>	<i>12:00pm – 12:45pm</i>
<i>Thursdays 9/24 to 10/22</i>	<i>4:00pm – 4:45pm</i>
<i>Mondays 11/2 to 12/7 *No Class 11/23</i>	<i>2:30pm – 3:15pm</i>
<i>Tuesdays 11/3 to 12/8 *No Class 11/24</i>	<i>12:00pm – 12:45pm</i>
<i>Thursdays 11/5 to 12/10 *No Class 11/26</i>	<i>4:00pm – 4:45pm</i>

Fall 2020 Virtual Class Series



SUPERTOTS SERIES

HoopsterTots | Ages 3-5 | 5-Session, 45-Minute Class Format | \$49

CLASS DATES:	TIMES (all PST):
<i>Mondays 9/21 to 10/19</i>	<i>12:00pm – 12:45pm</i>
<i>Mondays 11/2 to 12/7 *No Class 11/23</i>	<i>12:00pm – 12:45pm</i>

SoccerTots | Ages 3-5 | 5-Session, 45-Minute Class Format | \$49

CLASS DATES:	TIMES (all PST):
<i>Wednesday 9/23 to 10/21</i>	<i>12:00pm – 12:45pm</i>
<i>Wednesday 11/4 to 12/9 *No Class 11/25</i>	<i>12:00pm – 12:45pm</i>

BaseballTots | Ages 3-5 | 5-Session, 45-Minute Class Format | \$49

CLASS DATES:	TIMES (all PST):
<i>Fridays 9/25 to 10/23</i>	<i>12:00pm – 12:45pm</i>
<i>Fridays 11/6 to 12/11 *No Class 11/27</i>	<i>12:00pm – 12:45pm</i>

Descriptions and Program Notes

MIND AND BODY SERIES

STEM Sports: Multi-Sport | Ages 5-7 | 5-Session, 45-Minute Class Format | \$59 (\$49 + \$10 SSA Fee)

*Skyhawks is excited to offer a module-based, virtual class that introduces the Science, Technology, Engineering and Math behind multiple sports to grades K through 2nd! Our passionate instructor will use sports as the real-life application to drive STEM-based, hands-on learning, instilling curiosity and a passion for learning in each child. Activities vary by sport, but may include the engineering design process, sports ball properties, athletic shoe technology and more! All modules align with Next Generation Science Standards. Skyhawks puts the Sports in STEM! *Due to complex nature of some STEM concepts, parent participation is required*

Please Note – Zoom video link will be emailed to you prior to the session.

Here is a list of equipment/materials you will need throughout this module-based, STEM program:

- Water Bottle
- STEM Worksheets **Will be sent to you before each class*
- Pencil & Paper
- Basketball
- Soccer Ball
- Measuring Tape
- Masking Tape
- Pair of Shoes
- Trash Can or Laundry Basket
- Baseball or Tennis Ball
- Foam and Regular Football (if owned)

**Material needs subject to change. We will contact you with any updates. Materials list will be communicated weekly.*

Fall 2020 Virtual Class Series



STEM Sports: Multi-Sport | Ages 7-12 | 5-Session, 45-Minute Class Format | \$59 (\$49 + \$10 SSA Fee)

This module-based, virtual class explores the Science, Technology, Engineering and Math behind multiple sports. Our passionate instructor will use sports as the real-life application to drive STEM-based, hands-on learning, instilling curiosity and a passion for learning in each child. Activities vary by sport and season, but may include engineering design challenges, goal-line technology, forces in basketball, energy transfer in sports, advancements in shoe technology and more! All modules align with Next Generation Science Standards. Skyhawks puts the Sports in STEM!

Please Note – Zoom video link will be emailed to you prior to the session.

Here is a list of equipment/materials you will need throughout this module-based, STEM program:

- Water Bottle
- STEM Worksheets **Will be sent to you before each class*
- Pencil & Paper
- Measuring Tape
- Masking Tape
- String
- Drinking Straws
- Toothpicks
- Piece of Cardboard
- 2 Toilet Paper Tubes or Paper Towel Tube (cut in half)
- Craft Sticks
- Plastic Spoon
- 6 Rubber Bands
- Plastic Cup
- Soccer Ball
- Playground Ball
- Balloon
- Rubber Bands
- Glue

**Material needs subject to change. We will contact you with any updates. Materials list will be communicated weekly.*

Fall 2020 Virtual Class Series



Esports & Play: Rocket League | Ages 7-12 | 5-Session, 1.75-Hour Class Format | \$99 (\$79 + \$20 SSA Fee)

*It's game time! This new program combines a high energy, game-based physical education program with a unique and exciting gaming experience. With our passionate instructors at the core, this program will engage your child in fun activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, our partners at Nimbus Esports Academy will challenge your child's mind with a skill-based Rocket League® program. Participants will work through customized drills, play in teams and compete in friendly competition. This exciting class promotes sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity. *No game purchase necessary*

Please Note – Zoom video link will be emailed to you prior to the session.

What to prepare for the **Esports** portion of the program:

Rocket League will be played via the [Steam](https://store.steampowered.com/about/) marketplace application. Campers must download this application and the Rocket League game to their PC prior to the start of the program. <https://store.steampowered.com/about/>

Download links and individual login credentials will be emailed to each participant at least one day before the camp begins. PC with a minimum of 20 GB of free hard drive space required for Rocket League download. Game controller (Xbox or PS4) optional.

**PC-ONLY: MAC, CHROMEBOOK AND TABLETS NOT SUPPORTED BY ROCKET LEAGUE DEVELOPERS*

Note – Campers are permitted to play using their own Xbox, PS4 or Nintendo Switch gaming consoles, but must purchase the Rocket League game separately (if not already owned).

Here is a list of equipment/materials you will need for the **Play** portion of the program:

- Beach Towel or Blanket
- Water Bottle
- Tall Cones (approx. 10) – Alternatives include water bottles, cups or building blocks
- Flat Cones (approx. 10) – Alternatives include plastic bowls, small pillows or folder towel/clothes
- Flat Spot – Alternatives include paper plate, shirt, piece of paper or a magazine
- Sport or Playground Ball – Can range in size from a basketball to a tennis ball
- Tennis Balls (3) – Alternatives include any ball similar in size or some rolled up socks

Fall 2020 Virtual Class Series



Esports & Play: Fortnite | Ages 10-14 | 5-Session, 1.75-Hour Class Format | \$99 (\$79 + \$20 SSA Fee)

*Team up! This exciting program combines a high energy, game-based physical education program with a new, one-of-a-kind gaming experience. Skyhawks instructors will engage your child in fun activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, our partners at Nimbus Esports Academy will provide students with an exciting and engaging Fortnite® program aimed at helping players improve through custom tailored curriculum. Players will participate in exercises and drills through training workshops, private custom matches against other students, and opportunities for competitive play via private tournaments and show matches. All activities will promote sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity. *No game purchase necessary.*

Please Note – Zoom video link will be emailed to you prior to the session.

What to prepare for the **Esports** portion of the program:

Fortnite is a free game that is offered by Epic Games. Participants must download the game to their device prior to the start of the program. Players will be emailed a Nimbus Esports username to use for the duration of the program, but are permitted to use their own personal accounts if they prefer.

<https://www.epicgames.com/fortnite/en-US/home>

While Fortnite is playable on most mobile devices, participants will need either a Windows or Mac computer with 20 GB of free hard drive space, Xbox, PS4, or Nintendo Switch to fully engage with the curriculum. Therefore, mobile phones, Chromebooks and tablets are not permitted in this program.

Here is a list of equipment/materials you will need for the **Play** portion of the program:

- Beach Towel or Blanket
- Water Bottle
- Tall Cones (approx. 10) – Alternatives include water bottles, cups or building blocks
- Flat Cones (approx. 10) – Alternatives include plastic bowls, small pillows or folder towel/clothes
- Flat Spot – Alternatives include paper plate, shirt, piece of paper or a magazine
- Sport or Playground Ball – Can range in size from a basketball to a tennis ball
- Tennis Balls (3) – Alternatives include any ball similar in size or some rolled up socks

STAYING ACTIVE SERIES

Soccer Skills | Ages 6-12 | 5-Session, 45-Minute Class Format | \$49

Whether you are looking to sharpen your skills or learn the game for the first time, Skyhawks virtual soccer is a great way to stay active and have fun with soccer. This fast-paced, engaging program provides the perfect mix of game-based exercises and skill practice to promote agility and improve fundamental soccer skills. Ball control, dribbling, passing and shooting movements are the focus and all activities are designed to be performed in the home or backyard. Stay active with Skyhawks soccer!

Fall 2020 Virtual Class Series



Please Note – Zoom video link will be emailed to you prior to the session.

Here is a list of equipment/materials you will need throughout the program:

- Beach Towel or Blanket and Water Bottle
- Soccer Ball – Alternatives include any round sport or playground ball or even a bunch of rolled up socks
- Tall Cones (approx. 10) – Alternatives include water bottles, cups or building blocks
- Flat Cones (approx. 10) – Alternatives include plastic bowls, small pillows or folded towel/clothes
- Flat Spot – Alternatives include paper plate, shirt, piece of paper or a magazine
- Goal – Alternatives include cardboard box, laundry basket or two objects 4-feet apart on wall
- Floor Markings – Painter's tape or sidewalk chalk

Basketball Skills | Ages 6-12 | 5-Session, 45-Minute Class Format | \$49

This engaging, skill-based program is designed to keep kids active with a blend of basketball instruction and physical education. Presented by top Skyhawks coaches, boys and girls will improve several fundamental basketball skills including ball handling, dribbling, body positioning and shooting. Participants will come away with new ways to practice and excited for their next step in basketball. All activities are designed for the home with a goal of promoting a love for an active lifestyle!

Please Note – Zoom video link will be emailed to you prior to the session.

Here is a list of equipment/materials you will need throughout the program:

- Beach Towel or Blanket and Water Bottle
- Basketball – Alternatives include any round ball that bounces. A rolled up bunch of socks can be used for passing/shooting games.
- Tall Cones (approx. 10) – Alternatives include water bottles, cups or building blocks
- Flat Cones (approx. 10) – Alternatives include plastic bowls, small pillows or folded towel/clothes
- Flat Spot – Alternatives include paper plate, shirt, piece of paper or a magazine
- Mini Basketball Hoop – Alternatives include upright cardboard box, large bucket or a laundry basket
- Bucket – 5 gallon, cleaning bucket, or a sand pail
- Floor Markings – Painter's tape or sidewalk chalk

Fall 2020 Virtual Class Series



PhysEd Fun | Ages 6-12 | 5-Session, 45-Minute Class Format | \$49

Skyhawks is proud to offer an engaging, game-based physical education program designed for the home. With passionate instructors at the program's core, this class will offer children a wide variety of activities that involve locomotor, non-locomotor, manipulative skills and fitness development exercises. Our goal is to build self-confidence, create body awareness and inspire each participant with a passion for an active lifestyle.

Please Note – Zoom video link will be emailed to you prior to the session.

Here is a list of equipment/materials you will need throughout the program:

- Beach Towel or Blanket and Water Bottle
- Tall Cones (approx. 10) – Alternatives include water bottles, cups or building blocks
- Flat Cones (approx. 10) – Alternatives include plastic bowls, small pillows or folder towel/clothes
- Flat Spot – Alternatives include paper plate, shirt, piece of paper or a magazine
- Sport or Playground Ball – Can range in size from a basketball to a tennis ball
- Tennis Balls (3) – Alternatives include any ball similar in size or some rolled up socks

SUPERTOTS SERIES

HoopsterTots | Ages 3-5 | 5-Session, 45-Minute Class Format | \$49

Learning basketball has never been more fun! This virtual HoopsterTots class brings our best games and lessons into your living room, ensuring an enriching and active experience for your child. Featuring our best instructors, kids will have a blast and parents will come away with some great new activities to play with the family. Expect a dynamic warm-up, stretching best practices, fun games and some life skills along the way.

Please Note – Zoom video link will be emailed to you prior to the session.

Here is a list of equipment/materials you will need throughout the program:

- Beach Towel or Blanket and Water Bottle
- Basketball – Alternatives include any round ball that bounces. A rolled up bunch of socks can be used for passing/shooting games.
- Tall Cones (approx. 10) – Alternatives include water bottles, cups or building blocks
- Flat Cones (approx. 10) – Alternatives include plastic bowls, small pillows or folder towel/clothes
- Flat Spot – Alternatives include paper plate, shirt, piece of paper or a magazine
- Mini Basketball Hoop – Alternatives include upright cardboard box, large bucket or a laundry basket
- Bucket – 5 gallon, cleaning bucket, or a sand pail
- Floor Markings – Painter's tape or sidewalk chalk

Fall 2020 Virtual Class Series



SoccerTots | Ages 3-5 | 5-Session, 45-Minute Class Format | \$49

SoccerTots programs develop motor skills and self-confidence in a fun, engaging format. Skyhawks is excited to bring our best instructors together with our most popular games, to offer a unique at-home class that promotes the early development of soccer skills and a love for an active lifestyle. This fast-paced program will keep your child engaged with an imaginative warm-up and exciting activities that disguise learning and focus on fun!

Please Note – Zoom video link will be emailed to you prior to the session.

Here is a list of equipment/materials you will need throughout the program:

- Beach Towel or Blanket and Water Bottle
- Soccer Ball – Alternatives include any round sport or playground ball or even a bunch of rolled up socks
- Tall Cones (approx. 10) – Alternatives include water bottles, cups or building blocks
- Flat Cones (approx. 10) – Alternatives include plastic bowls, small pillows or folded towel/clothes
- Flat Spot – Alternatives include paper plate, shirt, piece of paper or a magazine
- Goal – Alternatives include cardboard box, laundry basket or two objects 4-feet apart on wall
- Floor Markings – Painter's tape or sidewalk chalk

BaseballTots | Ages 3-5 | 5-Session, 45-Minute Class Format | \$49

BaseballTots classes focus on fine and gross motor skills as well as body control. With lessons modified for participation in the home, top instructors teach baseball basics including throwing, catching and hitting. We are excited to help these little ones develop a love of the game! Children will experience an exciting program featuring dynamic warm-ups, stretching best practices, fun games and valuable life lessons along the way.

Please Note – Zoom video link will be emailed to you prior to the session.

Here is a list of equipment/materials you will need throughout the program:

- Beach Towel or Blanket and Water Bottle
- Soft Baseball – Alternatives include mini Nerf ball, ball pit ball, ping pong ball or whiffle ball
- Bases – Alternatives include 4 cones, 4 paper plates or 4 hand towels
- Soft Bat – Alternatives include paper towel tube, wrapping paper tube, pool noodle, nerf bat or foam sword
- Tall Cones (approx. 10) – Alternatives include water bottles, cups or building blocks
- Flat Cones (approx. 10) – Alternatives include plastic bowls, small pillows or folded towel/clothes
- Flat Spot – Alternatives include paper plate, shirt, piece of paper or a magazine
- Floor Markings – Painter's tape or sidewalk chalk