



Hi Parents,

We are gearing up for our Winter 2018-19 Session which is right around the corner, beginning the week of November 26. We are asking that all early registration and payments be submitted by Friday, November 16, to receive the early registration rate. Below you will find registration and activity information for classes at Little Flower.

Important Notes about Classes:

What your child should bring to class each week...

- water bottle
- snack to eat before class
- change of clothes (if necessary based on activity or weather). There is no specific required clothing. This is up to your discretion.

#### **REGISTRATION INFORMATION FOR CLASSES AT LITTLE FLOWER**

Early registrations AND payments must be received by FRIDAY, NOVEMBER 16. Registrations and payments received after NOVEMBER 16 do not receive the early registration rate.

**In order to register for the classes below, please click on the following link:  
[xcelfitness.net/registration](http://xcelfitness.net/registration)**

Payment can be mailed to:  
Jeremy Patten  
Xcel Fitness and Youth Sports  
3609 Spring Street  
Chevy Chase, MD 20815

#### **CLASS INFORMATION AT LITTLE FLOWER**

##### **HIP-HOP DANCE**

Students will learn hip-hop dance choreography.

Boys and Girls Grades PK-2

All equipment is provided.

Dates and Location: 10 classes, Mondays ,3:00pm-4:00pm, in the Parish Hall/alternative location

November 26, December 3, 10, 17, January 7, 14, 28, February 4, 11, 25

Cost: \$210 for registrations and payments received by November 16, \$230 after November 16

### **FLOOR HOCKEY**

This clinic-style class will focus on hockey skills and games.

Boys and Girls Grades K-2

All equipment for this class is provided.

Dates and Location: 12 Classes, Tuesdays, 3:00pm-4:00pm, in the Gym

November 27, December 4, 11, 18, January 8, 15, 22, 29, February 5, 12, 19, 26

Cost: \$250 for registrations and payments received by November 16, \$270 after November 16

### **BASKETBALL**

We will work on dribbling, passing, and shooting in this clinic-style class. We will also play games to in order to learn game rules while participating in friendly competition.

Boys and Girls Grades K-2

All equipment is provided.

Dates and Location: 13 Classes, Wednesdays, 3:00pm-4:00pm, in the Gym

November 28, December 5 (12:30pm-1:30pm), 12, 19, January 2, 9, 16, 23 (12:30pm-1:30pm), 30, February 6, 13, 20, 27 (12:30pm-1:30pm)

Cost: \$270 for registrations and payments received by November 16, \$290 after November 16

### **PERSONAL TRAINING FOR ADULTS AND YOUTH**

In addition to working with the schools in the area, I have provided fitness and sports training to individuals (ages 3 through 88) for the past fifteen years. I can train you and/or the members of your family in your home, local park, or at the Lawton, Wisconsin Place, and Coffield Community Centers. So whether your goals are general health, sports-related, or rehabilitating an injury, I welcome the opportunity to work with you, or members of your family. Please contact me for further information.

Thank you,  
Jeremy Patten