

Ready, Set, Summer

KIDS SUMMER CLASSES & PROGRAMS

Dates & times are subject to change.



YOUTH FITNESS

FOUNDATIONS

MONDAY - THURSDAY
9:00AM | YAC

Children are learning basic movement patterns in a low key and fun environment. This class will help your child improve coordination and confidence!

PASS JV

MONDAY - THURSDAY
10:00AM | PERFORMANCE CENTER

A challenging class for children structured to improve their weightlifting performance and sport-specific skills.

PASS VARSITY

MONDAY - THURSDAY
12:30PM | PERFORMANCE CENTER

This year round programs prepares High School Athletes (ages 14+) to take their game to a new level. Offers workouts proven to improve power, strength, agility, and speed, emphasizes flexibility and mobility, as well as prevent future injuries through proper training technique. (Fee-based).

TRI-KIDS

TUESDAY + THURSDAY
4:30PM | PERFORMANCE CENTER

Children ages 8-18 learn the skills of running, biking, and swimming. It's a great opportunity for kids to learn the art and fun of triathlons!
Registration Required



FOR MORE INFORMATION CALL 985.626.3706 OR VISIT THEPAC.COM



YOUTH SWIM



SPRING SEASONAL

CONTACT SWIM@THEPAC.COM

This is a developmental swimming program. It is ideal for entry-level swimmers and is designed to introduce swimmers into the competitive scene. We focus on stroke technique, diving, endurance, positive self image and of course...FUN.

SUMMER SWIM TEAM

CONTACT SWIM@THEPAC.COM

The swimPAC Summer Swim Team, the Pelicans, is designed for various abilities and skill levels. We aim to provide a safe and friendly swimming experience for each child. This program offers detailed stroke and dive instruction, with a focus on improvement and enjoyment of the sport of swimming. The Pelicans will attend competitive meets against other local summer teams.

SWIM LESSONS

CONTACT CHARLOTTE@THEPAC.COM

Pelican Athletic Club's Splash Swim School offers lessons to beginners-advanced emphasizing water safety, swimming skills, correct breathing, and body position. Our highly trained instructors are gentle, responsible, and understand the unique aspects of teaching children how to swim.

2-WEEK GROUP SESSIONS

4-WEEK GROUP SESSIONS

PRIVATE & SEMI - PRIVATE LESSONS

MOMMY & ME GROUP

SATURDAY SWIM LESSONS

GROUP YOUTH FITNESS

AQUA KIDS

WEDNESDAY
9:15AM | POOL

This class includes games and fun water activities, located in the 8-lane pool. Children must be able to swim to attend. Parents must be on deck for children under 10 years old.



KIDS YOGA

THURSDAY
1:00PM | MIND BODY

A class filled with movement and postures geared at integrating mind and body. Your child will reap the physical and mental benefits of yoga from stress management. A yoga mat is needed for this class.

KIDS CIRCUIT

TUESDAY
1:00PM | STUDIO 1

In this class your child will complete stations designed to build endurance, strength and agility. Circuit training exercises can include jump rope, leap frog, shuttle runs, hula hoop, relay races, etc. and will also use a variety of equipment.



KIDS SPIN + STRONG

FRIDAY
11:00AM | SPIN STUDIO

This combo class will include classic spin with bodyweight interval exercises. Your child will ride hills and sprints on the bike and do bodyweight exercises off the bike to kid friendly cuing and music. Please sign up for a spin bike at the front desk prior to class.

YOUTH TENNIS

CONTACT TENNIS@THEPAC.COM

We take great pride in our program of advancing your child's love and enjoyment of the game, providing excellent group training followed up by match and league play opportunities.



FOR MORE INFORMATION
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SUMMER SESSION I
JUNE 3 - JULY 11

SUMMER SESSION II
JULY 13 - AUGUST 12

LITTLE TENNIS

AGES 4-7

Introduction to the sport of tennis with focus on fundamentals and techniques.

MONDAY + WEDNESDAY
5:30PM - 6:30PM

CHILDREN'S TENNIS

AGES 7- 12

Focus on the stroke productivity while developing form and techniques with an introduction to competitive tennis.

MONDAY + WEDNESDAY
6:30PM - 7:30PM

INTERMEDIATE TENNIS

AGES 7- 12

Refining fundamentals and stroke production and match play conditioning.

MONDAY + WEDNESDAY
6:30PM - 7:30PM

TENNIS FOR TEENS

AGES 13-17

Training on strokes, volleys, serves, and proper match play etiquette and form.

MONDAY & WEDNESDAY
4:30PM - 5:30PM