



Wellington After School Activities (WASA)

2019 Junior Jag Classes

Spring

Junior JAG CrossFit Kids-Spring

CrossFit Kids is a fitness program geared and designed for the specific needs of children. CrossFit workouts consist of constantly varied functional movements and elicit a response that will improve neurological, cognitive, and motor development. The workouts are completely scalable for each individual child. No two workouts are the same and the children will be constantly challenged in new ways. Therefore, the program will incorporate different aspects of CrossFit including nutrition, metabolic conditioning, gymnastics, weightlifting and sport to drive home correct movement patterns. Most of all, though, we will be having a lot of fun to keep everyone engaged and wanting more.

Grades: 2-5

When: April 2- May 2

Duration: Tuesday & Thursday for 5 Weeks

Time: 3:30 - 4:15 p.m. (45 minute sessions)

Location: Gard Gym

Coach: Pete Collopy- Wellington Sports Performance Coach

Cost: \$110 (includes a Wellington CrossFit Kids Shirt)

Max Participants: 16 Students (first registrations accepted)

TWS CrossFit History: [CrossFit kids program](#)

Junior JAG Tennis-Spring Session

Tennis is a lifetime sport that can teach young athletes mental toughness, coordination, and build their confidence. The skills that tennis teaches, such as hand-eye coordination and fast-twitch muscle reflexes, can easily benefit their success in other sports. It is also a non-contact sport, which makes it one of the safest to play. In this early introduction to tennis, players will learn fundamentals, improve hand-eye coordination, and have fun! We also focus on flexibility and balance, while developing entry into the next level of game-play.

Grades 1-4

When: May 21-30

Duration: Tuesday & Thursday for 2 weeks (4 sessions)

Time: 3:30-4:30 p.m.

Location: Gross Family Tennis Courts

Coach: Rebecca Hinze (Head Girls Varsity Tennis Coach) & Staff

Cost: \$60

Max Participants: 30 participants per session

Equipment: Please bring tennis racquet.

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Junior Jag Swim

Program Description:

JJS offers a developmental swim opportunity for Wellington students currently in grades 1-5. The program focuses on keeping children active, building confidence in the water, and introducing the participants to the basic sport of swimming. All classes will take place at Aquatic Adventures. Wellington students will be bused to Aquatic Adventures and returned back to school each day.

Session I

Learn to Swim - a continuation of the 1st grade learn to swim program. Swimmers will be placed into groups according to swim level and will receive small group instruction. The program focuses on keeping children active, building confidence in the water, and introducing the participants to the basic sport of swimming. Wellington students will be bused to Aquatic Adventures and returned to school each day.

Date: April 8-22 (Grade 1-2 Session)

Duration: Monday and Wednesday for 3 weeks (5 sessions)

Time: 4:00-4:30 p.m.

Location: Aquatic Adventures

Coach: Bill Miller (Head Varsity Swim Coach) & Staff

Cost: \$125

Max Participants: 20 participants

Register:

Session II

In this session participants will experience a swim team environment while learning the competitive strokes, starts and turns. Swimmers need to be at Learn-to-Swim level II or above for this experience. The swimmer should be able to swim 25 yards without stopping, be comfortable swimming in deep water, and tread water. Session I focuses on keeping children active, building confidence in the water, and introducing the participants to the basic sport of swimming. Wellington students will be bused to Aquatic Adventures and returned back to school each day.

Date: May 1-29 (Grade 3-5 Session)

Duration: Monday and Wednesday for 4 weeks (8 sessions)

Time: 4:00-5:00 p.m.

Location: Aquatic Adventures

Coach: Bill Miller (Head Varsity Swim Coach) & Staff

Cost: \$200

Max Participants: 40 participants per session

Register:

Attire & Equipment:

Boys: Swim shorts- no athletic shorts

Girls: One piece suits- no 2 piece suits

*Goggles are recommended, but not required

*All participants will receive a swim cap courtesy of Junior Jag

Cancellation and Refund Policy

No credits or refunds will be allowed within 7 days of the start of the program. Prior to the start of the session, we pay for buses, staffing, and pool rental fees therefore our cancellation and refund policy has been created with those expenses in mind.

Junior JAG Golf Clinic

Junior JAG is offering two golf clinics on Saturday at Ables Golf Course. Each clinic will be limited to the first 12 registrants. The clinics will be instructed by our current middle and upper school coaches Sophie Baun and Craig Mosier. In this clinic, golfers of all abilities will learn and develop skills including grip, stance, and techniques for full swing, chipping, and putting. Water and snacks will be provided.

Session I

Grades: 3-8

Date:

Time: 9-11 a.m.

Location: Ables Golf on Avery: 5300 Avery Rd. Dublin, OH 43016

Cost: \$30

Capacity: 12

Equipment: Players should bring golf or athletic shoes, and golf clubs if available. If a player is interested, but doesn't have access to proper equipment, please reach out directly to Coach Mosier, wellingtonhsgolf@gmail.com, to coordinate.

Register: [Click Here](#)

Session II

Grades: 3-8

Date:

Time: 9-11 a.m.

Location: Ables Golf on Avery: 5300 Avery Rd. Dublin, OH 43016

Cost: \$30

Capacity: 12

Equipment: Players should bring golf or athletic shoes, and golf clubs if available. If a player is interested, but doesn't have access to proper equipment, please reach out directly to Coach Mosier, wellingtonhsgolf@gmail.com, to coordinate.

Fall

Junior JAG CrossFit Kids- Fall Session

CrossFit Kids is a fitness program geared and designed for the specific needs of children. CrossFit workouts consist of constantly varied functional movements and elicit a response that will improve neurological, cognitive, and motor development. The workouts are completely scalable for each individual child. No two workouts are the same and the children will be constantly challenged in new ways. Therefore, the program will incorporate different aspects of CrossFit including nutrition, metabolic conditioning, gymnastics, weightlifting and sport to drive home correct movement patterns. Most of all, though, we will be having a lot of fun to keep everyone engaged and wanting more.

Grades: 2-5

When: September 24- October 29

Duration: Monday & Wednesday for 5 Weeks

Time: 3:30 - 4:15 p.m. (45 minute sessions)

Location: Gard Gym

Coach: Todd Everett & Hannah Brisson

Cost: \$110 (includes a Wellington CrossFit Kids Shirt)

Max Participants: 20 Students (first registrations accepted)

TWS CrossFit History: [CrossFit kids program](#)

Junior JAG Tennis-Fall Session

Tennis is a lifetime sport that can teach young athletes mental toughness, coordination, and build their confidence. The skills that tennis teaches, such as hand-eye coordination and fast-twitch muscle reflexes, can easily benefit their success in other sports. It is also a non-contact sport, which makes it one of the safest to play. In this early introduction to tennis, players will learn fundamentals, improve hand-eye coordination, and have fun! We also focus on flexibility and balance, while developing entry into the next level of game-play.

Grades 1-4

When: October 9-19

Duration: Tuesday, Thursday & Friday for 2 weeks (6 sessions)

Time: 3:30-4:30 p.m.

Location: Gross Family Tennis Courts

Coach: Rebecca Hinze (Head Girls Varsity Tennis Coach) & Staff

Cost: \$75

Max Participants: 30 participants per session

Equipment: Please bring tennis racquet.

Winter

WYBL

Wellington Youth Basketball League

Premier Developmental League in Upper Arlington

Who: Boys & Girls – Grades 1-5

Divisions: 1st & 2nd Grade Coed

3rd – 5th Grade Boys

3rd – 5th Grade Girls

Where: The Wellington School

When: Practice Begins Nov. 12th (one night per week)

Cost: \$160

First Game: December 1nd (Saturday mornings)

Final Game: February 2rd

Contact: wybl@wellington.org

Volunteer Coaches: Teams are coached by parents who volunteer

Teammates: Email names of two teammates you would like to play with