



# KIDS SPORTS ZONE



At I.S.T. Baseball/Softball Headquarters  
25 Van Zant St. – Norwalk  
www.integratedsportstraining.com  
203-745-3241

These clinics focus on the young athlete learning to control their bodies and learning the correct fundamentals. Each clinic offers a unique sports experience for the young athlete all while learning in a fun and focused environment.

**Winter Programs are inside at I.S.T - JOIN ANYTIME**  
**Email Sara Holland at kidsssportszone@gmail.com**  
**CLASSES ARE ONGOING and for BOYS AND GIRLS**

## Advanced Mighty Sluggers for 5-year-olds \*please call or email to enroll in this class

|        |                           |   |
|--------|---------------------------|---|
| Monday | November 22 – February 7  | 2:00-3:00 No class Dec. 27                      |
| Monday | November 22 – February 7  | 4:00-5:00 No class Dec. 27                      |
| Friday | November 19 – February 18 | 2:00-3:00 No class Nov. 26 ,Dec. 24,31 & Jan 14 |

## Mighty Sluggers for 3.0 - 4.5-year-olds

|           |                          |  |
|-----------|--------------------------|--|
| Tuesday   | November 16 – January 25 | 10:30-11:15 No class Dec. 28           |
| Tuesday   | November 16 – January 25 | 1:45-2:30 No class Dec. 28             |
| Wednesday | November 17 – February 2 | 1:45-2:30 No class Nov. 24 & Dec. 29   |
| Wednesday | November 17 – February 2 | 2:00-2:45 No class Nov. 24 & Dec. 29   |
| Thursday  | November 18 – February 3 | 10:30-11:15 No class Nov. 25 & Dec. 30 |
| Thursday  | November 18 – February 3 | 1:45-2:30 No class Nov. 25 & Dec. 30   |
| Thursday  | November 18 – February 3 | 2:15-3:00 No class Nov. 25 & Dec. 30   |

## **\*NEW\*** ITTY BITTY Sluggers for 19 months – 2.5 years

|           |                          |   |
|-----------|--------------------------|---|
| Tuesday   | November 16 – January 25 | 10:00-10:30 *COST is \$160 No class Dec. 28 |
| Wednesday | November 17 – February 2 | 9:30-10:00 *COST is \$160 No class Dec. 29  |

All programs are 10-weeks **\*\*WOULD YOU LIKE TO FORM YOUR OWN CLASS & TIME?? CALL**

Cost is \$260, please send checks payable to Sara Holland or call 203-745-3241 to pay by credit card.

Mail to: IST Baseball Headquarters, 25 Van Zant Street, Unit 3B, Norwalk, CT 06855

Please write in the information below:

Program Name: \_\_\_\_\_ Day & Time: \_\_\_\_\_

Child's Last Name \_\_\_\_\_ First \_\_\_\_\_ D.O.B \_\_\_\_\_

Home Phone \_\_\_\_\_ Email \_\_\_\_\_

Parents'/Guardian names \_\_\_\_\_  
address \_\_\_\_\_

Emergency Contact & Numbers: \_\_\_\_\_

RELEASE: In case of emergency and I cannot be reached, I authorize the staff of I.S.T & Growing Tree Yoga, LLC to obtain whatever medical treatment deemed necessary for the welfare of my child. I further understand and agree that I will be responsible for all charges and fees incurred in the rendering of said emergency treatment, regardless of whether or not my medical insurance would cover such charges and fees. I hereby give my consent to my child's participation in the activities of I.S.T & Growing Tree Yoga, LLC, and hereby absolve, release, and hold harmless I.S.T. & Growing Tree Yoga, LLC and all of its officers, directors, agents, representatives, attorneys, employees, owners, successors, assigns and other affiliates from any and all liability for any injuries or damages that my child may suffer in connection with the activities sponsored by I.S.T. & Growing Tree Yoga, LLC or in which my child may participate. Signature: \_\_\_\_\_ Date: \_\_\_\_\_