

# NESA Teaching Sport ... for Life

## The answer is YES, what is the question?

### Short Day Program

- What you can Expect – Our dedicated staff will adhere to a schedule jam-packed with a variety of fun physical activities. Our athletic facility provides the space and environment for children to participate in everything from gymnastics to basketball. Children will participate in at least two sports ever day. See an example of a typical day below.
- NESAs Short Day Program provides parents with a solid alternative option for their children on early release school days. We have all types of activities and a dedicated staff that will ensure a fun, active and productive afternoon for every child. The Short Day Program Schedule goes as follows:
- This year, NESAs can even provide a one-way limo service from any school in the area to our facility in Westwood.
- Children will be encouraged to try sports they may have never tried before. Our experienced staff has been trained to give instruction on the fundamentals of a wide range of sports.
- At NESAs we provide guaranteed instructor to children ratios which allows the individualized attention children require. We know that you are busy and we want you to be able to drop your child off at NESAs with the peace of mind that they are going to be kept safe and having fun until you return.
- NESAs kids limo service also can provide transportation for your group of kids from your school. We have an arrangement with local limousine company to help kids get exercises on regular basis
- **To set your Short Day Program** please contact Henry Shterenberg at [hshterenberg@nesacademy.com](mailto:hshterenberg@nesacademy.com) or please call 781-493-6345
- Basic program (3 hrs) 12-12:30 – drop off/snack  
12:30-1:15pm – 1<sup>st</sup> sport  
1:15-1:30 – Bathroom/water break & transition  
1:30-2:15 – 2<sup>nd</sup> Sport  
2:15-3:00 – Open gym  
3:00 – Parents pick up Cost - \$30 per day
- Supplemental Program (1.5 hrs)  
3:00-3:30 – break and snack  
3:30-4:00 – homework buddy/reading time  
4:30 - Parents pick up Cost—\$15 per day



