

POLICY AND PROCEDURE REMINDERS

Children must be registered through the Activities Desk or the Member Login prior to attending

Instruction is ongoing throughout the session

Parents must remain at the Club during specialty classes.

All classes are FREE to children who are active on their family membership.

Children must be members by the start of the session.

For FALL session children must meet the age requirement of the class by October 3rd

Behavior Policy

If a child exhibits aggressive or inappropriate behavior towards another child or instructor, or is disruptive to the progression of the class, the child may be asked to sit out for the remainder of the class. Concerns that arise during class will be brought to the parents attention. If the behavior continues to be a concern by instructors or management, the child may be removed from class for the remainder of the session in order to allow time for behavior modification.

Illness Policy

We ask that parents not knowingly bring their child to any children's activities, including kid's classes if they are not feeling well. Please be respectful of Oakwood staff and Management's decision if we feel a child is displaying signs of illness and ask that they not participate in an activity or class.

Noise Policy

Please respect other members and help keep the noise level to a minimum. The noise level in front of the studios travels throughout the Club. No rough housing is permitted in the promenade area in front of the studios. This includes children running, jumping, playing loudly, practicing gymnastics and Martial Arts moves, and playing on the stairs. This is for the safety of all children and adults using the facility, as well as to keep the noise level to a minimum.

Additional Policies

- Children must be accompanied and supervised by a parent or legal guardian at all times.
- Children must be within arms reach of a parent or a legal guardian at all times.
- Parents must remain at the Club during Kids' classes.
- Parents must escort all children into the club to their classes.
- Parents must check their children in at the Front Desk upon entry, as well as themselves. This also assists in verifying class attendance if needed.
- *Reminder: Please encourage children to use the restroom before class to avoid accidents.

The kids specialty class program is recreational and intended to provide your children an introduction to different types of physical activities. We hope that this fosters a good attitude about physical health that will last a lifetime.

Welcome back!



back to
FUN

back to
FITNESS



back to KID'S EXERCISE CLASSES

SEPTEMBER 19TH - NOVEMBER 3RD

Please register for one class only per child.

Child must be active on the membership to register

Sign-ups begin Monday, September 12th



Fall 2022! September 19th - November 3rd

	Monday	Tuesday	Wednesday	Thursday
9:30am				MUSICAL BABIES 12 mo. - 3 yrs 9:30am—10:15am Andrea
10:30am				LITTLE DANCING GYMNASTS 2 yrs - 3 yrs 10:30am—11:15am Andrea
3:00pm	PIANO & ME 3.5 yrs - 5 years old 3:00pm—3:40pm Andrea	GYMNASTICS 4 - 6 years old 3:00pm—3:40pm Andrea		
3:30pm	RACQUETBALL 6 –9 years old 3:30pm-4:15pm Del			
4:00pm	HOOP IT UP 4-6 years old 4:00pm-4:30pm Keilah			HOOP IT UP 4-6 years old 4:00pm-4:30pm Keilah
4:15pm	RACQUETBALL 10 –12 years old 4:15pm-5:00pm Del		PEE WEE SOCCER 5-7 years old 4:15-4:45pm Bri	
4:45pm	ADVANCED HOOP IT UP 6-12 years old 4:45pm-5:15pm Keilah			ADVANCED HOOP IT UP 6-12 years old 4:45pm-5:15pm Keilah
5:00pm			SOCCER STARS 8-12 years old 5:00pm-5:30pm Bri	

Hoop it Up

Learn basics about shooting, dribbling, passing, and teamwork. Gymnasium

Monday & Thursday	4:00 - 4:30 pm	4 - 6 year olds	Keilah
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Advanced Hoop it Up

Hone your game skills inside with shooting, passing, and scoring! Gymnasium

Monday & Thursday	4:45-5:15 pm	6 - 12 year olds	Keilah
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Pee Wee Soccer

Start your child learning the fundamentals of soccer through fun drills & games! Gymnasium

Wednesday	4:15 - 4:45 pm	5 - 7 year olds	Bri
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Soccer Stars

Hone your game skills inside with dribbling, passing, and scoring! Gymnasium

Wednesday	5:00pm—5:30pm	8 - 12 year olds	Bri
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Racquetball

Learn the strokes and strategies of this exciting game. Drills to improve hand to eye coordination and locomotor skills are included. Equipment is provided. Gymnasium

Monday	3:30pm - 4:15pm	Ages 6 - 9	Del
Monday	4:15pm - 5:00pm	Ages 10 and up	Del

Piano & Me!

Join us for this fun, educational approach to group piano lessons. Using seven learning styles, reading, writing, and performing music will be practiced & explored. Carpet Studio

Monday	3:00pm—3:40pm	3.5 - 5 year olds	Andrea
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Gymnastics

Come learn the basics with USA Gymnastics certified master coach Andrea. Carpet Studio

Tuesday	3:00pm—3:40pm	4 - 6 year olds	Andrea
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Little Dancing Gymnasts

Come bring your pre-school aged child, for a fun and interactive class exploring balance, tumbling, and movement. This class requires parent participation. Multi-purpose Room.

Thursday	10:30am—11:15am	2 - 3 year olds	Andrea
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Musical Babies

Babies and their caregivers enjoy the development of the child through singing, dancing, and instrument exploration. We will nurture language skills, fine and large motor skills, and space relationships. This class requires parent participation. Multi-purpose Room.

Thursday	9:30am—10:15am	12 mo. - 3 year olds	Andrea
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