

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 Spring session children must meet the age requirement of the class by February 28th.

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 Marital 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.



SPRING 2023 KID'S EXERCISE CLAS=

JANUARY 30TH - MAY 4TH

(NO CLASS: 2/20, WEEK OF APRIL 3-7)

Sign-ups begin Monday, January 16th
Please register for one class only per child.

January 23rd you can sign up for
additional classes.



Spring 2023! Jan 30th - May 4th

	Monday	Tuesday	Wednesday	Thursday
3:30pm	HOOP IT UP 4-6 years old 3:30pm-4:00pm Eric			RACQUETBALL 10+ years old 3:30pm-4:15pm Del
4pm		HOOP IT UP 4-6 years old 4:00pm-4:30pm Colin		
4:15pm	PEE WEE SOCCER 4-7 years old 4:15-4:45pm Eric		PEE WEE SOCCER 5-7 years old 4:15-4:45pm Teveen	RACQUETBALL 6 –9 years old 4:15pm-5:00pm Del
4:45pm	GROUP GAMES 5-9 years old 4:45pm-5:30pm Eric	ADVANCED HOOP IT UP 6-12 years old 4:45pm-5:15pm Colin	SOCCER STARS 8-12 years old 4:45pm-5:15pm Teveen	CONDITIONING 10-16 years old 4:45pm-5:45pm James

Hoop it Up

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

Monday	3:30 - 4:00 pm	4 - 6 years old	Eric
Tuesday	4:00 - 4:30 pm	4 - 6 years old	Colin

Advanced Hoop it Up

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

Tuesday	4:45-5:15 pm	6 - 12 years old	Colin
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Pee Wee Soccer

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

Monday	4:15pm - 4:45pm	4 - 7 years old	Eric
Wednesday	4:15pm - 4:45pm	5 - 7 years old	Teveen

Soccer Stars

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

Wednesday	4:45pm—5:15pm	8 - 12 years old	Teveen
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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

Thursday	3:30pm - 4:15pm	Ages 10+	Del
Thursday	4:15pm - 5:00pm	6 - 9 years old	Del

Group Games

Play different games to develop listening skills, teamwork, and sportsmanship. Gymnasium

Monday	4:45-5:30 pm	5-9 years old	Eric
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New Class

Tween/Teen Conditioning

Come work with one of our personal trainers and improve your condition/strength. Gymnasium

Thursday	4:45pm—5:45pm	10 - 16 years old	James
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