

POLICY AND PROCEDURE REMINDERS

Children must be registered through the Front Desk or through the Member Login Portal 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 Winter session children must meet the age requirement of the class by February 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 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.
- 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.

JANUARY 27TH - APRIL 4TH

WINTER 2025

KID'S
EXERCISE
CLASSES



SIGN-UPS BEGIN

MONDAY, JANUARY 13TH

PLEASE REGISTER FOR ONE CLASS ONLY PER CHILD.

MONDAY, JANUARY 20TH YOU CAN SIGN UP FOR
ADDITIONAL CLASSES.

THERE WILL BE NO CLASSES ON
MONDAY, FEBRUARY 17TH.



Winter 2025: January 27th - April 4th

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00pm		KID GYM Ages 3 - 5 3:00 - 3:30 PM Carpet Studio Instructor: Matt	PEE WEE SOCCER Ages 4 - 6 3:00 - 3:30 PM Gymnasium Instructor: Aiden	BOUNCE / BOSU Ages 5 - 7 3:00 - 3:30 PM Carpet Studio Instructor: Matt	PEE WEE SOCCER Ages 4 - 6 3:00 - 3:30 PM Gymnasium Instructor: Aiden
3:30pm	RACQUETBALL Ages 6 - 9 3:30 - 4:15 PM Racquetball Court Instructor: Del	KID GYM Ages 6 - 8 3:30 - 4:00 PM Carpet Studio Instructor: Matt	SOCCER ALL - STARS Ages 7 - 10 3:30 - 4:15 PM Gymnasium Instructor: Aiden		PEE WEE SOCCER Ages 46 3:30 - 4:00 PM Gymnasium Instructor: Aiden
4:00pm					SOCCER ALL - STARS Ages 7 - 10 4:00 - 4:45 PM Gymnasium Instructor: Aiden
4:15pm	RACQUETBALL Ages 10 - 13 4:15 - 5:00 PM Racquetball Court Instructor: Del				

Pee Wee Soccer

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

Wednesday	3pm - 3:30pm	Ages 4–6	Aiden
Friday	3pm - 3:30pm	Ages 4–6	Aiden
Friday	3:30pm - 4pm	Ages 4–6	Aiden

Soccer All-Stars

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

Wednesday	3:30pm - 4:15pm	Ages 7–10	Aiden
Friday	4pm - 4:45pm	Ages 7–10	Aiden

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. Racquetball Courts

Monday	3:30pm - 4:15pm	Ages 6–9	Del
Monday	4:15pm - 5:00pm	Ages 10–13	Del

Kid Gym

Work on your balance and basic coordination skills, as children learn to hone their skills traversing an obstacle course and improving upon their physical stamina. Carpet Studio

Tuesday	3pm - 3:30pm	Ages 3–5	Matt
Tuesday	3:30pm - 4pm	Ages 6-8	Matt

Bounce & Bosu

Work on your agility and core strength with the BOSU Balance Trainer, using functional movements for a fun, high energy, full body work out. Carpet Studio

Thursday	3pm - 3:30pm	Ages 5–7	Matt
----------	--------------	----------	------