

# Summer 2019 Kids Exercise Classes



June 17th - July 18th

4 one-week sessions!

Lottery pick for Summer Classes

**REGISTRATION FORMS DUE**

Class enrollment available

Missed the lottery? Signs ups begin

Register for multiple classes/weeks

Tuesday, May 28th - Sunday June 2nd

**Sunday, June 2nd**

Tuesday, June 4th

Wednesday, June 5th

Monday, June 10th

**All Abilities Gymnastics:** 5 & up. Open to all students, with all skills and abilities.

**Court Sports:** Ages 5 & up. Basketball and soccer skills in a fun, energetic class!

**Dodge Ball:** Ages 5 & up. Dodge, Duck, Dive, Dip & Dodge! Come join for some high energy dodge ball!

**Group Games:** Ages 4 –5, 5 & up, 7 & up years old. Games to develop listening skills, teamwork, problem solving and sportsmanship.

**Hoop it Up:** Ages 7 & up. Practice fundamental basketball skills and teamwork..

**Jump & BOSU:** Ages 6 - 8 yrs. Jump ropes and BOSU balls for a fun, high energy class.

**Level 1 & 2 Gymnastics:** Ages 5 & up. Learn how to do a forward roll to straddle stand, round-off, backwards roll to pike/backwards roll push up, 10 second chin up, straight legs to bar kickover, bridge kickover, split jump, stretch jump, leaps on the beam, forward roll on beam, and backbend.

**Level 3 & 4 Gymnastics:** Ages 5 & up. Learn a straight leg handstand, handstand forward roll, handstand-bridge-kickover, pull over, forward roll hip circle, glide, cartwheels on beam, and (spotted) English handstand on beam. Level 4 is the last level where you will get to practice harder fun skills such as a forward flip!

**Martial Arts/Self Defense:** Boys and Girls ages 4 & up. Students learn self defense, challenging motor skills, and respect. Martial Arts introduces the mental disciplines of focus and positive thinking.

**Mighty Mites:** Ages 3– 5 yrs. Combines Tiny Tumblers & Superstars into one class. Great class for siblings.

**Obstacles & Relays:** Ages 5 - 6 yrs. A fun, fast paced class of team, partner, & individual relays & obstacles..

**Pee Wee Soccer:** Ages 3-4, 5 - 6 years old. Continue learning the fundamentals of soccer through fun drills & games.

**Racquetball:** Ages 6-12 years old. Learn the strokes and strategies of this fun game where locomotor skill drills are used to enhance and improve movement and hand to eye coordination. Equipment is provided.

**Super Stars:** Ages 4 & 5 yrs. Learn basic tumbling, body awareness, coordination, and balance.

**Tiny Tumblers:** 3 year old. Gymnastics especially geared to the 3 year old. Learn gymnastics as well as loco-motor skills, body awareness, and the social skills of a class situation.

**Yoga:** Ages 4 - 6, 5 -7, 7 & up. A fun class that exposes students to the concepts of yoga in a creative way.

**Kid Gym:** Ages 3-5 years old. Children use locomotor skills, tumble, play group games, sing songs, climb on an obstacle course and play with manipulatives (balls, hoops, bean bags, etc.) Kid Gym is ongoing and complimentary to members with active family memberships. We appreciate your help in keeping this a fun and safe class by following the age guidelines.

**Play with Me:** Children walking to under 3 years old. Classes are structured so that children may enjoy time playing and learning with their participating parent. Play with Me is ongoing and complimentary to members with active family memberships. We appreciate your help in keeping this a fun and safe class following the age guidelines.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28 <b>MAY</b> Lottery Pick	29	30	31	1 <b>JUNE</b>	2 Lottery forms due!
3	4 Class Enrollment Available	5 Members that did not participate in the lottery may register for their child's first week of class at Activities beginning June 4th	6	7	8	9
10	11 Children may be registered for additional classes/weeks beginning June 10th	12	13	14	15	16

Each week classes will run Monday - Thursday.  
Register for as many weeks as you like and corresponds  
with your summer plans!

# Summer 2019 - Kid Exercise Classes

## Week 1

**Monday, June 17<sup>th</sup> - Thursday, June 20<sup>th</sup>**

2:00pm - 2:45pm	Racquetball	6 to 12 year olds	Del - Gymnasium
2:15pm - 2:45pm	Group Games	4 & 5 year olds	Yahya & Mackenzie Gymnasium
2:30pm - 3:00pm	Martial Arts	6 & up	Merhan -- Carpet Studio
2:45pm - 3:15pm	Hoop It Up	7 & up	Yahya & Mackenzie Gymnasium
3:00pm - 3:30pm	Martial Arts	4 & 5 year olds	Merhan - Carpet Studio
3:15pm - 3:45pm	Group Games	7 & up	Yahya & Mackenzie Gymnasium
3:30pm - 4:00pm	Martial Arts	6 & up	Merhan -Carpet Studio

## Week 2

**Monday, June 24<sup>th</sup> - Thursday, June 27<sup>th</sup>**

2:15pm - 2:45pm	Super Star Gymnastics	4 & 5 year olds	Amanda & Mackenzie Carpet Studio
2:45pm - 3:15pm	Jump & BOSU	6 to 8 year olds	Leah & Yahya Wood Studio
	All Abilities Gymnastics	5 & Up	Amanda & Mackenzie Carpet Studio
3:15pm - 3:45pm	Obstacles & Relays	5 & 6 year olds	Leah & Yahya Wood Studio
	Tiny Tumblers	3 years old	Amanda & Mackenzie Carpet Studio
4:00pm - 4:30pm	Pee Wee Soccer	5 & 6 year olds	Yahya Gymnasium
4:30pm - 5:00pm	Pee Wee Soccer	3 & 4 year olds	Yahya Gymnasium

**4 one week sessions of different classes to choose from.  
Each class will run Monday through Thursday.**

## Week 3

**Monday, July 8<sup>th</sup> - Thursday, July 11<sup>th</sup>**

2:00pm - 2:45pm	Level 1 & 2 Gymnastics	5 & up	Jacqui & Amanda Carpet Studio
2:30pm - 3:00pm	Self Defense	6 & up	Merhan Wood Studio
2:45pm - 3:30pm	Level 3 & 4 Gymnastics	6 & up	Jacqui & Amanda Carpet Studio
3:00pm - 3:30pm	Martial Arts	4 & 5 year olds	Merhan Wood Studio
3:30pm - 4:00pm	Mighty Mites	3 to 5 year olds	Jacqui & Amanda Carpet Studio
	Martial Arts	4 to 6 year olds	Merhan Wood Studio

## Week 4

**Monday, July 15<sup>th</sup> - Thursday, July 18<sup>th</sup>**

2:00pm - 2:30pm	Yoga	4 to 6 year olds	Claudia Carpet Studio
	Court Sports	5 & up	Naomi & Fatima Gymnasium
2:30pm - 3:00pm	Dodge Ball	5 & up	Naomi & Fatima Gymnasium
2:30pm - 3:15pm	Yoga	5 to 7 years old	Claudia Carpet Studio
3:00pm - 3:30pm	Group Games	5 & up	Naomi & Temi Gymnasium
3:15pm - 4:00pm	Yoga	7 & up	Claudia Carpet Studio