

Drop-in Classes

Kid Gym

Classes are for 3 to 5 year olds.

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.

Children with reservations in Childcare will be invited to attend through Childcare

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 member with active family memberships.

We appreciate your help in keeping this a fun and safe class by following the age guidelines.

Early Learning STEAM

Play based learning classes for some of our littlest members!

Participate in STEAM activities: Science, Technology, Engineering, Art & Math!

Circle time, art projects, song/rhyme, letters/numbers, shapes/colors, and special activities to develop fine and gross motor skills!

Children may participate if they have Childcare reservations or on a drop-in basis. Space is limited so parents should call day of to secure a spot, regardless of Childcare reservations.

STEAM classes follow the Kid Exercise session schedule.

Children must be signed in through Childcare or on the membership to participate.

Want MORE STEAM?

During session breaks we offer Pop-Up Early learning in Childcare.

The schedule will vary, please check with Childcare staff for details.

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. Any questions or comments should be directed to our General Manager, Denise Starkey at denised@oakwooddathleticclub.com

Spring 2020 Kid's Exercise Classes

April 6th - May 29th



*At this time we are moving forward with the registration process for Spring classes, however the session dates may be modified as we move forward.

Members will be notified of any changes as quickly as possible

Lottery pick for Spring Classes

REGISTRATION FORMS DUE

Class enrollment available

Register if you missed the lottery

Register for multiple classes

1st day of class

No classes

Monday, March 16th—Sunday, March 22nd

Sunday, March 22nd

Tuesday, March 24th

Tuesday, March 24th—Sunday, March 29th

Monday, March 30th

Monday, April 6th

Monday, May 25th—Memorial Day

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|----------------------------------|---|-----|-----|-----|--------------------------|
| 16 MARCH Lottery Pick | 17 | 18 | 19 | 20 | 21 | 22 Lottery forms due! |
| 23 | 24 Class Enrollment Available | Members that did not participate in the lottery may register for their child's first class at Activities beginning March 24th | | | | 29 |
| 30 Additional Class Enrollment Open | 31 | 1 APRIL | 2 | 3 | 4 | 5 |
| 6 1st day of Classes | 7 | 8 | 9 | 10 | 11 | 12 |

Meet our Instructors:

Claudia Florian-Mc Caffrey
Del Villanueva
Leah Vachani
Luana Nietschy
Luis Cardon
Kristina Christensen
Mackenzie Forkas
Mehran Shahkar
Zoe Smith
Naomi Renbarger
Robynn Van Otten
Scarlett Mosher



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 and is disruptive to other members.

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.
- No rough housing is permitted in the promenade area in front of the studios. This includes children running, jumping, playing loudly, practicing gymnastics and Tae Kwon Do 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.
- 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.

Kid Exercise Classes Spring 2019

POLICY AND PROCEDURE REMINDERS

Oakwood offers over 40 specialty classes a week that are designed for children 3 to 12 years old!

Children must be pre-registered at the Activities Desk to participate in classes.

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 April 26th

Lottery Procedures

- Initial class registration is through a lottery process.
- The week of the lottery members are asked to stop by the Activities Desk to pick a lottery number.
- A registration form will then be provided for the family.
- Forms must be submitted by the date indicated on the form and registered in order by the lottery number..
- Students will be registered for ONE class during the lottery process. Additional classes may be added on the date indicated.
- If for any reason you miss the lottery, we do leave an additional week for registration for one class, prior to opening up multi-class registration.

Perfect Attendance Policy

**Due to current health concerns we
will NOT be applying attendance from the Winter Session.
There will NOT be perfect attendance
lottery numbers for Spring 2020.**

Ballet I: Ages 5 –7 years old. Dancers will learn the fundamentals of classical ballet focusing on technique, body placement, vocabulary and musicality.

Group Games: Ages 5 & up. Games to develop listening skills, teamwork, problem solving and sportsmanship.

Hoop it Up: Ages 5 & up. Has your little one gotten into basketball? Is shooting baskets with a kid’s ball something they enjoy? Then this class is for them.

Jump & BOSU: Ages 6 - 9 years old . This class will use the 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 6 & up. Mastered level 1 and level 2 and ready to learn more? Learn a straight leg handstand, handstand forward roll, handstand-bridge-kickover, pull over, forward roll hip circle, glide, cartwheel on beam, and a (spotted) English handstand on beam in level 3. After completing level 3, move on to level 4 skills to practice harder fun skills such as a front flip!

Martial Arts: Boys and Girls ages 4-6 and 6 & up. Students learn self defense, challenging motor skills, and respect. Martial Arts introduces the mental disciplines of focus and positive thinking.

Pee Wee Soccer: Ages 3 - 4 years old. Start your preschooler learning the fundamentals of soccer through fun drills & games.

Pre Ballet: Ages 3– 4 years old. Preschool dancers will be inspired with the world of ballet through creative movement and improvisation. Dancers will focus on body positioning, balance and fundamentals of vocabulary.

Racquetball: Ages 6 - 8, Ages 8-12 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.

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

Self Defense: Ages 6 & up. Kids will learn counter-measures that involves defending the health and well-being of oneself from harm.

Superhero Training: Ages 3 - 5 years old. Each week kids will train to become their favorite superhero’s! Training to include areas such as flying, “Hulking” up, rings of fire, invisibility, and becoming lightning fast. Come and earn your cape!

Superstar Gymnastics Ages 4 - 5. Learn basic tumbling, body awareness, coordination, and balance.

Tiny Tumblers: 3 year olds. 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 3 –4, 5 - 7 years old. A fun class that exposes students to the concepts of yoga in a creative way through individual practice of poses, partner yoga, group poses, and games.

SPRING Kid Ex Classes April 6th- May 29th

Updated 3/13