

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 September 22nd.

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.



FALL 2023 KID'S EXERCISE CLASSES



SEPTEMBER 18TH - NOVEMBER 16TH

Sign-ups begin Monday, September 4th
Please register for one class only per child.

September 11th you can sign up for
additional classes.



Fall 2023! Sept. 18th - Nov. 16th

	Monday	Tuesday	Wednesday	Thursday
3:30pm	KID GYM 4 - 7 years old 3:30 pm - 4 pm Nick (Carpet Studio)		KID GYM 4 - 7 years old 3:30 pm - 4 pm Nick (Carpet Studio)	RACQUETBALL 6 - 9 years old 3:30 pm - 4:15 pm Del (Racquetball Court)
4pm	GROUP GAMES 4 - 7 years old 4 pm - 4:30 pm Nick (Carpet Studio)	CONDITIONING 10 -15 years old 4 pm - 5 pm James (Gymnasium)	 BOUNCE & BOSU 7 - 10 years old 4 pm - 4:30 pm Nick (Carpet Studio)	
4:15pm				RACQUETBALL 10+ years old 4:15 pm - 5:00 pm Del (Racquetball Court)



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.

Wednesday	4 pm - 4:30 pm	7 - 10 years old	Nick
-----------	----------------	------------------	------

Group Games

Come have fun and play games that help develop listening skills, teamwork, problem solving and sportsmanship.

Monday	4 - 4:30 pm	4 - 7 years old	Nick
--------	-------------	-----------------	------

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.

Monday	3:30 pm - 4 pm	4 - 7 years old	Nick
Wednesday	4 pm - 4:30 pm	4 - 7 years old	Nick

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.

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

New Class

Tween/Teen Conditioning

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

Tuesday	4 pm - 5 pm	10 - 15 years old	James
---------	-------------	-------------------	-------