

## Important Kids' Exercise Guidelines - PLEASE READ

- Parents must remain on the premises while children are in class.
- Parents must walk children to and from the designated classroom before and after class. Children may not be dropped off out front or allowed to find their parents in the club after class.
- Parents are welcome to watch classes from outside the classroom, however please be certain that any additional children are within arms reach and being supervised otherwise they will be asked to be put in Childcare.
- Studios are for class use only. Members may not be in the studios when a class is not taking place.
- When classes take place in the gym only half of the space is reserved for class use. The rest of the gym is open to club members and is not a safe place for children to play.

### Session Dates to Remember

#### Winter Session 2008

January 7th thru March 21st

No Classes:

January 21st & February 18th



## KIDS' EXERCISE

### Winter '08

ClubSport Kids' Exercise Program is designed to bring the fun of fitness to your family. Classes are offered to children ages 3 to 12 years of age. All children must be pre-registered for classes at Activities. Refer to specific classes for age limitations.

### Kid's Exercise Registration Procedures

**Step 1:** Parents may pick a lottery number at random from the Activities Desk **December 10th** thru **December 12th**. Lottery Numbers are available during Activities hours only.

**Step 2:** After choosing your lottery number you will receive a registration ticket indicating what time you should arrive on **Wednesday, December 12th** to register your children for their first class. Your assigned time will be between **6 and 8 pm**.

**Step 3:** If you did not select a lottery number you may register your children for their first class on the phone or in person beginning at **9 am on Thursday, December 13th**.

**Step 4:** Children may be registered for a second class on the phone or in person beginning **Wednesday, December 19th at 9 am** (no lottery ticket needed).

**Please Note:** A child who misses two classes without notification to Jill Drummond, Kids' Exercise Manager, may be dropped from the roster and their place will be filled

from the waitlist.

**Jill Drummond: 925-735-8500 ext 510**

# DROP IN CLASSES

Kid Gym, Play With Me and Music & Movin' are a great way to introduce your child to the Kids' Exercise Program. These classes are free to members and are on a drop-in basis, no sign up needed.

## Play With Me

Play With Me is a **Parent Participation Class**. No child may attend class without his / her parent present. In class children will work on coordination, body awareness, locomotor skills and class interaction. Play With Me is a great way to prepare your child for Kid Gym and other Kids Classes.

**Studio One**

Tuesday	11:15 - 11:45 am	18 mths to 3 yrs
Thursday	11:15 - 11:45 am	18 mths to 3 yrs
Sunday	11:15 - 11:45 am	18 mths to 3 yrs

## Music & Movin' Too

New to the kid exercise program, Music & Movin' Too is a great way for your little one to experience the joy of music with you! Play games, sing songs, and use instruments. **Each child must be accompanied by a parent.** **Studio One**

**Wood Studio 1**

Tuesday	11:45 - 12:15 pm	18 mths to 3 yrs
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## Kid Gym

In addition to coordination, body awareness and locomotor skills children will play group games, do tumbling and play with props such as balls, hoops and parachutes. Children may be brought from ClubKid or by a parent.

**Studio One**

Monday	11:15 - 11:45 am	3 to 5 yr olds
Tuesday	10:45 - 11:15 am	3 to 5 yr olds
Wednesday	11:15 - 11:45 am	3 to 5 yr olds
Thursday	10:45 - 11:15 am	3 to 5 yr olds
Friday	11:15 - 11:45 am	3 to 5 yr olds
Sunday	10:45 - 11:15 am	3 to 5 yr olds

# SPORTS & SOCCER

## Cycling

Learn cycling technique and form in this class great for your young athlete. Children must meet size requirements, instructor discretion.

**Studio Three**

Thursday	4:30- 5:15 pm	9 - 12 yr olds	Jill
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## Fundamentals of Sports

An introduction to the basic skills for a variety of sports, including soccer, basketball & volleyball.

**Studio Two**

Tuesday	1:00 - 1:45 pm	4 - 6 yr olds	Tricia
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## Gym Sports

Your favorite gym sports from A to Z, including Kickball, Volleyball and Soccer. **Gym**

Wednesday	2:30 - 3:15 pm	5 & 6 yr olds	Tricia
Wednesday	3:15 - 4:00 pm	7- 10 yr olds	Tricia

## Pee Wee Soccer

Start your preschooler learning the fundamentals of soccer through fun drills and lead up games. **Gym**

Monday	3:15 - 3:45 pm	3 yr olds	Tricia
Monday	3:45 - 4:15 pm	3 yr olds	Tricia
Monday	4:15 - 5:00 pm	4 & 5 yr olds	Tricia
Tuesday	9:00 - 9:30 am	3 yr olds	Tricia
Tuesday	9:30 - 10:15 am	4 & 5 yr olds	Tricia
Tuesday	10:15 - 11:00 am	5 & 6 yr olds	Tricia

## Indoor Soccer

In addition to drills and skill work your child will learn how to participate in organized games. **Gym**

Tuesday	3:30 - 4:15 pm	6 - 8 yr olds	Jill
Tuesday	4:15 - 5:00 pm	8 - 12 yr olds	Jill

# SPORTS & CONDITIONING

## Weight Training Basics

For the young fitness enthusiast. Free weights, bands, stability ball and BOSUs in a safe environment. **Studio Two**

Tuesday	3:45 - 4:30 pm	9 - 12 yr olds	Melanie
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## Beginning Basketball

Develop basketball fundamentals through drills, relays, and games. **Gym**

Thursday	3:30 - 4:15 pm	6 and up	Jason
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## Intermediate Basketball

For players looking to advance their basketball skills. Instructor recommendation or evaluation required. **Gym**

Thursday	4:15 - 5:00 pm	6 and up	Jason
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## Racquetball

Learn the fast paced game of racquetball through drills, technique and game play. **Racquetball Courts**

Monday Intermediate	4:00 - 4:45 pm	8 - 12 yr olds	Lee
Wednesday	3:30 - 4:15 pm	8 - 12 yr olds	Del

## Squash

Learn the great game of squash through drills and game play. **Squash Courts**

Tuesday-Lvl1	3:30 - 4:15 pm	8 - 12 yr olds	Nancy
Tuesday-Lvl2	4:15 - 5:00 pm	8 - 12 yr olds	Nancy

## Kids Yoga

New to the Kid X Schedule...kids yoga is an excellent way to increase focus, flexibility & balance through the fun of yoga postures. **Studio One**

Thursday	4:50 - 5:30 pm	8 - 12 yr olds	Kim L.
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# GYMNASTICS

## Tiny Tumblers

Gymnastics specially geared to the 3 year old. Children will learn gymnastics skills, body awareness and team interaction. **Studio One**

Monday	12:00 - 12:30 pm	3 yr olds	Becky & Carrie
Monday	3:15 - 3:45 pm	3 yr olds	Donna & Carrie
Wednesday	12:00 - 12:30 pm	3 yr olds	Becky & Carrie

## Superstar Gymnastics

In this fun active class children will progress in tumbling skills, flexibility, coordination and balance. **Studio One**

Monday	12:30 - 1:15 pm	4 & 5 yr olds	Becky & Carrie
Wednesday	12:30 - 1:15 pm	4 & 5 yr olds	Becky & Carrie
Wednesday	3:00 - 3:45 pm	4 & 5 yr olds	Donna & Carrie
Thursday	3:20 - 4:05 pm	4 & 5 yr olds	Donna & Kim

## Beginning Gymnastics

For those kids new to gymnastics. Introduce your child to the fun of basic tumbling, beam, bars & vaulting. **Studio One**

Monday	3:45 - 4:30 pm	6 - 12 yr olds	Donna & Carrie
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## Advanced Beginning Gymnastics

For kids who have participated in Beginning Gymnastics and have a strong backward roll and handstand. **Studio One**

Monday	4:30 - 5:15 pm	6 - 12 yr olds	Donna & Carrie
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## Intermediate Gym

For children looking to advance their gymnastics skills. Instructor recommendation or evaluation required. **Studio One**

Monday	5:15 - 6:00 pm	6 - 12 yr olds	Donna & Carrie
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## Boys' Gymnastics

A fun class for boys to progress in their gymnastics skills. Includes tumbling, bars & vaulting. **Studio Two**

Thursday	4:05 - 4:50 pm	6 - 12 yr olds	Donna & Kim
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# DANCE & MOVEMENT

## Creative Movement

Introduce your child to the principles of dance, balance and rhythm. Child must be 3 years old by third class. **Studio One**

Tuesday	3:15 - 3:45 pm	3 yr olds	Tricia
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## Dance Jam

In this energetic dance class children will learn a variety of dance styles. Extra time spent on ballet techniques and positions. **Studio One**

Tuesday	2:00 - 2:45 pm	4 - 6 yr old	Tricia
Tuesday	3:45 - 4:30 pm	5 & 6 yr olds	Tricia
Tuesday	4:30 - 5:15 pm	5 - 7 yr olds	Tricia

## Beginning Hip Hop

Children will play dance games and learn routines incorporating the fun and funk of Hip Hop technique. **Studio Two**

Monday	3:30 - 4:15 pm	6 and up	Shawna
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## Intermediate Hip Hop

For those with dance experience to learn routines and progress in Hip Hop technique. **Studio One**

Friday	3:30 - 4:15 pm	6 and up	Shawna
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## Beginning Cheerleading

Learn jumps, cheers, tumbling and dance. **Studio Two**

Wednesday	3:00 - 3:45 pm	6 and up	Shauna & Becky
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## Intermediate Cheerleading

Advance your cheerleading skills in this high energy class. **Studio Two**

Wednesday	3:45 - 4:30 pm	6 and up	Shauna & Becky
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# MOVEMENT & KARATE

## Music & Movin'

Experience music through dance, movement, instruments and interactive games. **Studio One**

Tuesday	12:15 - 1:00 pm	3 & 4 yr olds	Nicole
Tuesday	1:00 - 1:45 pm	4 & 6 yr olds	Nicole

## Silly Willy Workout

Dance, run, sing, play games and just be silly! **Studio Two**

Tuesday	12:30 - 1:00 pm	4 & 5 yr olds	Erika
Thursday	12:30 - 1:00 pm	3 & 4 yr olds	Kim
Thursday	3:45 - 4:30 pm	7 - 10 yr olds	Jill

## Karate

Karate is for boys and girls ages 4 and up. Children learn self defense, challenging motor skills and courtesy. All classes meet twice a week except 4 Year Old Karate. Instructor Tyler Hanamura. **Studio One**

**4 Year Old Karate:** This class meets once a week.

**White Belt:** Beginning Level Karate.

**Yellow Belt:** 2nd level. Must pass White Belt to take this class.

**Advanced Yellow Belt:** 2nd year Yellow Belt.

**Orange Belt:** 3rd level. Must pass Yellow Belt to take this class.

4 Year Old	Friday	3:00 - 3:30 pm	4 yr olds
White Belt	Wednesday Friday	3:45 - 4:15 pm 3:30 - 4:00 pm	5 yrs and up
White Belt	Wednesday Friday	4:15 - 4:45 pm 4:00 - 4:30 pm	5 yrs and up
Yellow Belt	Wednesday Friday	4:45 - 5:15 pm 4:30 - 5:00 pm	5 yrs and up
Advanced Yellow Belt	Wednesday Friday	5:15 - 5:45 pm 5:00 - 5:30 pm	5 yrs and up
Orange Belt	Wednesday Friday	5:15 - 5:45 pm 5:00 - 5:30 pm	5 yrs and up