

Youth Fitness Fun

Aqua Challenge

Mondays 4:00 - 4:30pm

Ages 6 – 13 yrs.



Kick, swim, twist, splash, have fun and exercise all at the same time! This class will be thirty minutes of nonstop fun and games using noodles, barbells & balls for exercise and other activities including water basketball and volleyball.

This is a drop-in class and it's **free!**

Pre-requisite: Children must be able to tread water on own for 20 seconds.



Zumbatomic

Tuesdays 4:00 – 4:30 pm (ages 9 – 13 yr.)

Fridays 4:00 - 4:30pm (ages 5 – 8 yr.)

Zumbatomic is a high energy, strength and confidence building class for kids. It's centered around fun-filled music, incorporates developmentally appropriate fitness, dance choreography, and fun group games!

This is a drop in class and it's **free!**

Club Fit Youth Fit

Wednesdays 5:30 - 6:30pm

(ages 6 – 13 yr.)



Come get fit in a non-competitive, supportive, fun and energetic environment. In this class your child will participate in fitness activities including core strengthening exercises, agility training, basketball drills, speed drills, medicine ball exercises, and much more! This class is \$10 for members and \$15 for non-members... register at the front desk weekly. Come give it a try!

Walk the Track

Saturday and Sundays 2:00 – 4:00 pm

(ages 6 – 13 yr.)

Children are welcome to use the track to walk or run *if* accompanied by a parent during these hours.

Effective 1/10/11