

# Youth Fitness Class Schedule –April 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 a.m.		Mother Goose 10-10:30 am 2-5 yrs old	Creative Movement 2-5 yrs 10-10:30	BALL MANIA 2-5 yrs 10-10:30	Flipsters 3-7 yrs 9:45-10:15	Lets Get Active 5-11 yrs 10-10:30
10:30 a.m.	<p><b>Become a FIT KID for only \$16 a month* and enjoy all of these FIT KID classes.</b></p>				Shake our Sillies Out 2-7 yrs 10:15- 10:45	Rock Climbing 6-12 yrs 10-11:30
11 a.m.						
12:15 p.m.						
12:45 p.m.						
4:30 p.m.	Hop Sports 6-12 4:30-6	Tumble Rumble 5-11 yrs 4:30 -5	Hop sports 6-12 yrs 4:30-6	Free Dance 5-11 yrs 4:30-5		
5 p.m.	Gymnastics 5-11 yrs 5:5-30	Rock Climbing 6-12 yrs 5-6	Rock Climbing 6-12 yrs 5-6	Rock Climbing 6-12 yrs 5-6		
5:30 p.m.						
5:45 p.m.	Kickboxing 5-11 yrs 5:30-6	Hop Sports 6-12 yrs 6:30-8				
6:00 p.m.	Sports Challenge 6-12 yrs 6-7		Basketball Mania 6-11 yrs 6-7		Hop Sports 6-12 yrs 6:30-8	

**FIT KIDS** may sign up for classes a week in advance!

Please call the RC Corral at **214-383-1030** to reserve your spots.

**Come check out the action!**



\*Due to the necessity of child care before and after the classes while you complete your workout, only KIDS CLUB members (\$9 a month) can sign up for the FIT KID program.

# Youth Fitness Class Descriptions

**Basketball Mania** will allow kids 6 to 11 the opportunity to get their energy out playing different basketball games in a fun and controlled environment. Each class will consist of free time to practice skills, and an organized game.

**Creative Movement** is an active class for 2 to 5 year olds! This class will challenge kids' motor skills, coordination, balance, and much more through a variety of games and activities to music!

**Flipsters** classes will introduce youth to the basics of gymnastics while providing a fun and active workout!

Looking for a creative way to get your kids moving? Try our **Cooper Kids' Free Dance and Shake Your Sillies Out Class!** Kids will have a blast shaking and moving to up beat music!

**Kickboxing** will give kids a total body workout and increase their strength, stamina, and flexibility. Each class will consist of a warm-up, cardio kickboxing, and a cool down and all moves will be performed to the kids' favorite tunes!

**Ball Mania!** will introduce children ages 3 - 5 to the rules and skills needed to play a variety of sports. Emphasis of the class will be on teamwork and encouragement as kids explore and learn new games.

**Rock Climbing** will introduce children ages 6 to 12 to the basics of rock climbing. They will get the thrill of accomplishment as they reach new heights and varying levels of difficulty.

Your kids will be exhausted after **Sports Challenge!** Kids will go through a variety of activities and obstacles as they prepare their bodies and minds for sports and physical activity.

Join us for **Mother Goose Time** in the RC Corral. Lead by a Liberian the kids will get to listen to fun and creative stories that will help boost their creativity.

The **Hopsports Training System** exposes children to a variety of different types of movement. The format in which it is presented allows all children of differing skill levels to exercise at a health-enhancing pace. The Hop sports system is a new and fun way for children exercise.