

ACTIVITY DESCRIPTIONS

AFF Recess—A structured class for home schooled children ages 5-13.

Basketball—Skills and drills followed by game play.

Bootcamp—Cardio and exercise drills

Capture the Flag—Teams have belts with flags attached. The team with the most opponent flags wins. Non-stop running will improve agility and speed.

Cardio Corner—Keep those feet moving! High energy class building endurance. Be sure to bring those water bottles!

Dodgeball—Hand eye, foot work and arm strength are increased in this oldie but goodie game.

Four Corners—Close your eyes, count to 20 and guess which corner I'm in!

Full Throttle—Exciting relay where two teams compete by running, skipping, or hopping while attempting to "catch" up to the opposite team.

Handball—Similar to soccer, except hands instead of feet are used. The scoring team picks the exercises for the opponent after each goal.

Kids Kool Down—The last class of the day. Cool down stretches releasing tension of muscles used for the day's activities. "Mom, where's my shake..."

Kids Kombat—Mixed martial arts. Cardio with emphasis on technique and discipline.

Kickball— Like baseball, the pitcher rolls a ball to the batter/kicker. The kicker tries to get home before being thrown out by the opposing team.

Kid Flex— Light gradual exercises to get the body ready for physical activity.

PITAIYO - Pilates, tai chi and yoga. Increase balance, coordination and focus while improving strength and posture.

Pool Play—An hour of kids choice activities, slide pool or Marco polo. This is a monitored activity.

Scooters—Working on core stability while playing games and maneuvering around obstacles.

Soccer/Crab Soccer—Teams try to kick the ball in the goal using only their feet. Crab soccer...get on your hands and feet, supine!

Sportwall— A high impact training system featuring 21 targets, two scoreboards and a time clock.

Strive—Cardiovascular and strength training combined to improve muscle tone and strength.

Thunder Ball—Ready, aim, FIRE! Two teams attempting to move a beach ball to opposite team's side by hitting it with thrown balls.

Torpedo Tag—Run, run, run and don't get caught.

Whiffle Ball—Backyard baseball without the broken windows!

Zone Circuit—The sport wall, strive equipment and instructors choice make up a circuit of strength, agility and coordination.

Zumbatomic® - Crank up the music, shake and wiggle! Zumbatomic® fuses the Zumba® program's moves and high octane workouts to let kids max out on fun and fitness. Join the party with Ms. Sacchia!

H2O Zumbatomic® - Crank up the music, shake, wiggle and splash! Join this youth party packed with fun and high energy moves in the water. Must be ages 9-13 and able to touch the bottom of the pool. Sign up at the front desk, space is limited.

Parents Night OUT

PNO

Saturday, March 13th

Registration is the Wednesday before the scheduled PNO.



Ditch the workout, join the party!



NEW!! H2O Zumbatomic
Fridays, March 5, 12, 19 & 26
5:30-6:00pm

P O O L



Mon
Wed
Fri
6pm

Tues
Thurs
5:30pm

Sun
3pm

Sat
11am



P L A Y