



March 2010

Kid's Activity Classes

Colonial Heights

Ages (9-13)



Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
12:00-1:00 Open Court Basketball 1:00 Surf's Up* 2:00 Recess	5:30 Power Hour 6:30 Kids Cycle 7:00 Surf's Up* 7:30 Recess	6:00 Surf's Up* 6:30 Power Hour 7:00 H ₂ O <i>Volleyball</i> <i>(must be 4'11")</i> 7:30 Fitness Mania 8:00 Karate	6:00 Surf's Up* 6:30 Power Hour 7:30 Fitness Mania	6:00 Surf's Up * 6:30 Power Hour 7:30 Recess 8:00 Karate	6:00 Surf's Up* 6:30 Recess	11:00 Surf's Up*

*Your child MUST be checked into the Kids Zone to participate in Surf's Up.

Don't forget your sneakers and workout clothes!!



Class Descriptions

Power Hour: This hour combines the best of muscle and cardio to create the ultimate workout! You will have the opportunity to work your muscles with the mechanical weights, and the cardio machines. Our instructors are ready to get you moving and toned!

Fitness Mania: Exciting and challenging fitness relay races.

Kids Cycling: High energy 30 min. class set to music, sprint, climb, jump, and seat in this fun energetic class. This class is held in the Group Cardio room. Must be 4'11" to ride.

Surf's Up: Don't forget your child's swim suit during pool play! The pool staff is ready and waiting for your child to splash, swim, and play in the water during our hour pool play. Your child MUST be checked into the Kids Zone to participate!

Karate: Our facility offers this traditional martial arts class to provide your child with the opportunity to start Karate, or to start learning and earning their belts.

H₂O Volleyball: Take advantage of the chance to play a wet cool game of volleyball in the water. The games are held every Tuesday in the pool area. Must be 4'11" to participate.

Aqua Fit Kids: Kids have a chance to not only get wet and enjoy the water, but to get fit too! This water fitness class is instructed by Lisa and held in the pool area. Must be 4'11" to participate.