

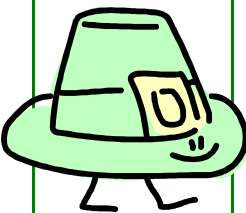


Kid Zone Activities

March 2010



Ages 9 to 13
Activities Include but are not limited to...

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Free Play 9am-12pm	Homework Time 3:30pm-5:00	Homework Time 3:30pm-5:00pm	Homework Time 3:30pm-5:00pm	Homework Time 3:30pm-5:00	Arts & Crafts 3:30pm-5pm	Free Play 8am-12pm
T.V. Hour 12pm-1pm	Fit Kids 5:00-8:00pm	Fit Kids 5pm-8pm	Fit Kids 5pm-8pm	Fit Kids 5pm-8pm	Fit Kids 5pm-8pm	Surf's Up 11am-12pm
Arts & Crafts 1pm-3pm	Surf's Up 5:30pm-6:30	WII Tournaments/Free Play 5pm-8pm	Free Play 5pm-8pm	Free Play 5pm-6:45pm	Movie Night 5pm-8pm	T.V Hour 12pm-1pm
Free Play 3pm-5pm	Karate 6:30pm-7:30pm	TV Hour 8pm-9pm	Surf's Up 5:30pm-6:30pm	Karate 6:30-7:30	Free Play 8pm-9pm	Free Play 1pm-6pm
T.V. Hour 5pm-6pm	Gym Class 6:30pm-7:30pm		Gym Class 6:30pm-7:30pm	WII Tournaments 6:45-8pm		T.V. Hour 6pm-7pm
	Free Play 5:30pm-8pm		TV Hour 8pm-9pm	TV Hour 8pm-9pm		
	TV Hour 8pm-9pm					

ACTIVITIES

- SURF's UP**

Swimming isn't just for the summer, It's all year around. Bring the kids for fun and games, in the pool! **Ages 4-13**

- Fit Kids**

Test your endurance with light weight lifting, cardio, and stretching! Join Donnie and Dylan for an excellent work-out! **Ages 9-13**

- Karate**

Kick, punch and chop your way into this rewarding exercise! Join Al as he teaches your child Traditional Martial Arts for kids. **Age 6-13**(New Kids to the class; Parent must meet with the instructor first)

- WII Tournament**

With the WII Nintendo game, kids will get a workout through play! Come and join us for Tennis and more with the WII! **Ages 5-13**

- Gym Class**

Jumping jacks, drills, and much more! Join us on the court for an old fashion workout with so much fun! **Ages 5-13**

- Homework Time**

If your kids are just getting out school, bring them along to catch up on class assignments. **Ages 5-14**

Make sure to wear socks, sneakers and proper work-out attire. NO JEANS

For Pool play bring towel and shoes to wear to and from the pool (flip-flops or crocs)

Bring water and a snack for afterwards

We Reserve the right to determine your child's true age. Any underage children will be removed from the activity immediately. Failure to comply with the rules may result in membership being suspended or revoked

Evelyn Crawley
Kids Zone Manager
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AMERICAN FAMILY FITNESS NORTHSIDE KID ZONE

Parents Night Out

Hello Parents, take a break on us! On March 12, 2010 from 7pm to 11pm we will be having a fun-filled evening which will include tattoos, nail art, pedicures, food and games. Please allow your child to enjoy this evening of FUN.

Yoga Kids

Our Favorite yoga instructor Heidi will return on March 16, 2010. Let's Welcome Heidi back by showing our faces in her class on this day. Don't worry Hip Hop Kids will continue on Saturday from 10am to 11am.

Time Limit

As a reminder, the Kid Zone does have a TWO HOUR limit, however if your arrival time is after 7:00pm the closing time for Kid Zone is 9:00pm exactly. We understand that we do offer late classes that sometimes start @ 7:30pm; however as a consideration to us, we ask that you promptly return to Kid Zone to check out your children once class is over. If for some reason you are unable to make the closing time, please let the attendant on duty aware of your tardiness. Consistent lateness during closing time, or going over the two hour limit may result in suspension of Kid Zone use.



Sniffles

Please be aware that the Kid Zone does reserve the right to remove any and all children that have the following:

- Runny Noses
- Congested/Dry Coughs
- Diarrhea
- Vomiting
- Any communicable diseases
- Pink eye/Ring Worm or Contagious Rashes

Also, children must be completely recovered before returning to Kid Zone. This is a safety precaution to ensure the well-being of the other children, as well as our staff.



Swim Lessons

It's never too early or too late to learn how to swim! The next session for Swim Lessons is offered April 27th through May 22, 2010. Swim Lessons are also available to non-members and Adults. We are now offering Adult Swim Lesson Classes! If you or someone you know is 13 years of age and older, and are at a Level 1 to Level 2 swim ability, then sign up today! Learning how to swim, will not only make vacations more enjoyable, but it could SAVE YOUR LIFE AND THE LIFE OF YOUR CHILD. DON'T WAIT A MINUTE LONGER, SIGN UP TODAY!