



Kid Zone Activities

March 2010



Ages 3 to 8
Activities Include but are not limited to...

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Free Play 9am-12pm	Flash Cards Space Maze Time Arts & Crafts 9am-12pm	Flash Cards Space Maze Time Arts & Crafts 9am-12pm	Flash Cards Space Maze Time Arts & Crafts 9am-12pm	Flash Cards Space Maze Time Arts & Crafts 9am-12pm	Flash Cards Space Maze Time Arts & Crafts 9am-12pm	Free Play 8am-12pm
T.V. Hour 12pm-1pm	T.V. Hour 12pm-1pm	Free Play 12pm-1pm	Free Play 12pm-1pm	Music/Movement 12pm-1pm	T.V. Hour 12pm-1pm	HIP HOP KIDZ 10am-11pm
Arts & Crafts 1pm-3pm	Free Play 1pm-3:30pm	T.V. Hour 1pm-2pm	T.V. Hour 1pm-2pm	T.V. Hour 1pm-2pm	Music/Movement 1pm-2pm	Surfs Up 11am-12pm
Free Play 3pm-5pm	Arts & Crafts 3:30pm-5:30	Story Hour 2pm-3pm	Story Hour 2pm-3pm	Arts & Crafts 3:30pm-5pm	Free Play 2pm-5pm	T.V. Hour 12pm-1pm
T.V. Hour 5pm-6pm	Surfs Up 5:30pm-6:30	Arts & Crafts 3:30pm-5pm	Arts & Crafts 3:30pm-5:30pm	Free Play 5pm-8pm	Arts & Crafts 4pm-5pm	Free Play 1pm-6pm
	Karate 6:30-7:30	Free Play 5pm-8pm	Surfs Up 5:30pm-6:30	Karate 6:30-7:30	Movie Night 5pm-8pm	T.V. Hour 6pm-7pm
	Gym Class 6:30-7:30	Yoga Kids 6:30-7:30	Gym Class 6:30-7:30	Tot Tumbling 6:00pm-7:00pm	Free Play 8pm-9pm	
	Free Play 5pm-8pm	NEW! TV Hour 8pm-9pm	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 5-14

• MUSIC/MOVEMENT

Lots of songs, dance and more. Dancing & Singing while working out! Ages 3-8

• TOT TUMBLING

Kids will enjoy jumping, running, flipping, and more. Join Jackie for a fun workout of tumbling

Ages 3-8

• YOGA KIDS

Kids can enjoy this relaxing yet fun exercise! Join Heidi every Tuesday!

Ages 5-8(older children are welcomed)

• 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

Hip Hop Kids

This fun and exciting class will get your hands clapping and feet tapping! Join Talita for an hour of grooving and movin (ages 4-8 older children welcome)

Make sure to wear socks, sneakers and proper workout 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 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!