



# July Kid's Activity Classes

(Ages 9-13)



| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|---|--|---|---|--|---|
|    |   | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:00 H2O Volleyball<br>(must be 4'11")<br>7:15 Games Galore<br>8:00 Karate (8-up) | 6:00 Surf's Up (4-up)*<br>6:30 Crunch Time<br>7:15 Sports Central   | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:15 Games Galore<br>8:00 Karate | 11:00 Surf's Up (4-up)*<br>6:00 Surf's Up (4-up)*<br>6:15 Anything Goes  | 11:00 Surf's Up (4-up)*<br>12:00 Anything Goes  |
| <br>July 4th<br>Building Closes at 2pm<br>NO CLASSES | 5:30 Power Hour<br>6:30 Kids Cycle<br>7:00 Surf's Up (4-up)*<br>7:15 Sports Central | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:00 H2O Volleyball<br>(must be 4'11")<br>7:15 Games Galore<br>8:00 Karate (8-up) | <b>Field Day</b><br><b>9:30-12:30</b>   | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:15 Games Galore<br>8:00 Karate | 11:00 Surf's Up (4-up)*<br>6:00 Surf's Up (4-up)*<br>6:15 Anything Goes  | 11:00 Surf's Up (4-up)*<br>12:00 Anything Goes  |
| 12:00-1:00<br>Open Basketball<br>1:00 Surf's Up (4-up)*<br>2:00 Anything Goes   | 5:30 Power Hour<br>6:30 Kids Cycle<br>7:00 Surf's Up (4-up)*<br>7:15 Sports Central | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:00 H2O Volleyball<br>(must be 4'11")<br>7:15 Games Galore<br>8:00 Karate (8-up) | <b>11:00 S.T.E.P</b><br><b>(in Group Cardio)</b><br>6:00 Surf's Up (4-up)*<br>6:30 Crunch Time<br>7:15 Sports Central                   | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:15 Games Galore<br>8:00 Karate | 11:00 Surf's Up (4-up)*<br>6:00 Surf's Up (4-up)*<br>6:15 Anything Goes<br><br><b>PARENTS NIGHT OUT</b><br>Contact Kids Zone for<br>more information | 11:00 Surf's Up (4-up)*<br>12:00 Sports Central |
| 12:00-1:00<br>Open Basketball<br>1:00 Surf's Up (4-up)*<br>2:00 Anything Goes   | 5:30 Power Hour<br>6:30 Kids Cycle<br>7:00 Surf's Up (4-up)*<br>7:15 Sports Central | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:00 H2O Volleyball<br>(must be 4'11")<br>7:15 Games Galore<br>8:00 Karate (8-up) | 6:00 Surf's Up (4-up)*<br>6:30 Crunch Time<br>7:15 Sports Central<br><br><b>Swaders Field Trip</b><br><b>9:30-1:30 (lunch provided)</b> | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:15 Games Galore<br>8:00 Karate | 11:00 Surf's Up (4-up)*<br>6:00 Surf's Up (4-up)*<br>6:15 Anything Goes  | 11:00 Surf's Up (4-up)*<br>12:00 Anything Goes  |
| 12:00-1:00<br>Open Basketball<br>1:00 Surf's Up (4-up)*<br>2:00 Anything Goes   | 5:30 Power Hour<br>6:30 Kids Cycle<br>7:00 Surf's Up (4-up)*<br>7:15 Sports Central | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:00 H2O Volleyball<br>(must be 4'11")<br>7:15 Games Galore<br>8:00 Karate (8-up) | <b>11:00 S.T.E.P</b><br><b>(in Group Cardio)</b><br>6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:15 Sports Central                    | 6:00 Surf's Up (4-up)*<br>6:30 Power Hour<br>7:15 Games Galore<br>8:00 Karate | 11:00 Surf's Up (4-up)*<br>6:00 Surf's Up (4-up)*<br>6:15 Anything Goes  | 11:00 Surf's Up (4-up)*<br>12:00 Anything Goes  |

Don't forget your sneakers and workout clothes!!

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

# Class Descriptions

**Anything Goes:** Your child will love this class as they get the opportunity to play with their favorite recess equipment. We will be playing games such as: volleyball, kickball, basketball, jump rope, thunderball, and much more. If weather permits, the children will have the option to play outdoors.

**Crunch Time:** This fun filled fast pace class is a combination of circuit training, plyometrics, abdominals and more. Instructors will use the fit spots, motion dice, jump rope, and other equipment to keep up your heart rate. This class will meet in Group Cardio.

**Games Galore:** Just as the name your child will enjoy playing a variety of individual and team games. Activities such as freeze tag, relays, and obstacle courses, will focus on cooperation, agility and balance. If weather permits, the children will have the option to play outdoors

**H<sub>2</sub>O 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.

**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.

**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.

**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!

**Sports Central:** It's all about sports in this class. Your child will play traditional sports such as basketball, hockey, and soccer as well as non traditional sports gymnastics, thunderball, walleyball, and badminton.

**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!