



Kid Zone Activities



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

July 2010



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

• 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)

• 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

• Yoga Kids

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

Ages 5-8(older children are welcomed.

• Movie Night

Movie Night is a time where your kids have the opportunity to bring in there favorite **PG** movie to share with the other kids. Fill free to bring pop corn and staff will be happy to pop a way!! **Ages 4 to 13.**

Evelyn Crawley

Kids Zone Manager ecrawley@amfamfit.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Free Play 9:00am-12:00n	Outdoor/Free Play 9:00am-12:00n	Outdoor/Free Play 9:00am-12:00n	Outdoor/Free Play 9:00am-12:00n	Outdoor/Free Play 9:00am-12:00n	Outdoor/Free Play 9:00am-12:00n	Outdoor/Free Play 9:00am-12:00pm
T.V. Hour 12:00n-1:00pm	Surf's Up 10:30am-11:30pm	Gym Class 11:30am-12:30pm (Bowling)	Gym Class 11:30am-12:30pm (Sack & Hula Hoop Racing)	Surf's Up 10:30am-11:30am	Surf's Up 10:30am-11:30pm	Gym Class 10:30am-11:30am (Dodge Ball)
Arts & Crafts 1:00pm-3:00pm	Gym Class 11:30am-12:30pm (Sack & Hula Hoop Racing)	T.V. Hour 1:00pm-2:00pm	T.V. Hour 1:00pm-2:00pm	Gym Class 11:30am-12:30pm (Bowling)	Gym Class 11:30am-12:30pm (Water Balloon Fun & Sack Racing)	Surf's Up 11:00am-12:00pm
Free Play 3:00pm-5:00pm	T.V. Hour 12:30pm-2:00pm	Arts & Crafts Story Time 2:00pm-4:00pm	Arts & Crafts Story Time 2:00pm-4:00pm	T.V. Hour 1:00pm-2:00pm	T.V. Hour 1:00pm-2:00pm	T.V. Hour 12:00n-1:00pm
T.V. Hour 5:00pm-6:00pm	Arts & Crafts Story Time 2:00pm-4:00pm	Outdoor/Free Play 4:00pm-6:00pm	Outdoor/Free Play 4:00pm-6:00pm	Arts & Crafts Story Time 2:00pm-4:00pm	Arts & Crafts Story Time 2:00pm-4:00pm	Arts & Crafts 1:00pm-2:00pm
<i>Make sure to wear socks, sneakers and proper work- out attire. NO JEANS</i>	Outdoor/Free Play 4:00pm-6:00pm	Surf's Up 5:30pm-6:30pm	Outdoor/Free Play 4:00pm-6:00pm	Outdoor/Free Play 4:00pm-6:00pm	Outdoor /Free Play 5:00pm-7:00pm	Classic game/ Space Maze/ Free Play 2:00pm-6:00pm
<i>For Surf's Up bring towel and shoes to wear to and from the pool (flip-flops or crocs)</i>	Gym Class 6:30pm-7:30pm (Sack & Hula Hoop Racing)	Yoga Kids 6:30pm-7:30pm	Gym Class 6:30pm-7:30pm (Sack & Hula Hoop Racing)	Surf's Up 5:30pm-6:30pm	Surf's Up 5:30pm-6:30pm	T.V. Hour 6:00pm-7:00pm
<i>Bring water and a snack for after- wards</i>	Karate 6:30pm-7:30pm	T.V. Hour 8:00pm-9:00pm	T.V. Hour 8:00pm-9:00pm	Karate 6:30pm-7:30pm	Movie Night 7:00pm-9:00pm	
<i>We Reserve the right to determine your child's true age. Any underage children will be removed from the activity immedi- ately. Failure to comply with the rules may result in membership being suspended or Revoked</i>	T.V. Hour 8:00pm-9:00pm			T.V. Hour 8:00pm-9:00pm		

