



# Kid Zone Activities



Ages 9 to 13 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**

**Fit Kids**

Test your endurance with light weight lifting, cardio, and stretching! Join our Fit Kids Staff 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)

**Gym Class**

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

**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**

**Kids Zumba**

Dance your way to a fitter you. A cardio workout for our kids will have them so excited about getting fit while dancing. Unique Latin moves and rhythms.

**Americanized KidzBoxing**

Jab, punch, kick, slip, duck and jump your way to fitness! This fun, yet challenging class incorporates various martial arts, boxing, kicking and endurance training techniques. You will train with "drills" the way real kick boxers do! **Ages 9-13**

**Homework Time**

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

**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

Kid Zone Manager [ecrawley@amfamfit.com](mailto: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-12:00n
T.V. Hour 12:00n-1:00pm	Surf's Up 10:30am-11:30am	Gym Class 11:30am-12:30pm (Dodge Ball)	Aqua Sports 10:30am-11:30am	Gym Class 11:30am-12:30pm (Dodge Ball)	Surf's Up 10:30am-11:30am	Gym Class 10:30am-11:30am (Kick Ball)
Arts & Crafts 1:00pm-3:00pm	Gym Class 11:30am-12:30pm (Kick Ball)	T.V. Hour 12:30pm-2:00pm	Gym Class 11:30am-12:30pm (Kick Ball)	Surf's Up 10:30am-11:30am	Gym Class 11:30am-12:30pm (Water Balloon Fun & Sack Racing)	Surf's Up 11:00am-12:00n
Free Play 3:00pm-5:00pm	T.V. Hour 12:30pm-2:00pm	Arts & Crafts 2:00pm-4:00pm	T.V. Hour 12:30pm-2:00pm	T.V. Hour 1:00pm-2:00pm	T.V. Hour 1:00pm-2:00pm	Fit Kids 9:00am-12:00n
T.V. Hour 5:00pm-6:00pm	Arts & Crafts 2:00pm-4:00pm	Wii Play 4:00pm-5:00pm	Arts & Crafts 2:00pm-4:00pm	Arts & Crafts 2:00pm-4:00pm	Arts & Crafts 2:00pm-4:00pm	T.V. Hour 1:00pm-2:00pm
<i>Make sure to wear socks, sneakers and proper work-out attire. NO JEANS</i>	Wii Play 4:00pm-5:00pm	Outdoor/Free Play 4:00pm-6:00pm	Wii Play 4:00pm-5:00pm	Wii Play 4:00pm-5:00pm	Wii Play 4:00pm-5:00pm	Arts & Crafts 2:00pm-4:00pm
<i>For Surf's Up bring towel and shoes to wear to and from the pool (flip-flops or crocs)</i>	Fit Kids 5:00pm-8:00pm	Surf's Up 5:30pm-6:30pm	Fit Kids 5:00pm-8:00pm	Fit Kids 5:00pm-8:00pm	Fit Kids 5:00pm-8:00pm	Free Play 4:00pm-6:00pm
<i>Bring water and a snack for afterwards</i>	Aqua Sports 5:30pm-6:30pm	Kids Zumba 6:30pm-7:30pm	Outdoor/Free Play 4:00-6:00pm	Outdoor/Free Play 4:00-6:00pm	Outdoor /Free Play 4:00-6:00pm	T.V. Hour 6:00pm-7:00pm
<i>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</i>	Outdoor/Free Play 4:00pm-6:00pm	T.V. Hour 8:00pm-9:00pm	Surf's Up 5:30pm-6:30pm	Surf's Up 5:30pm-6:30pm	Surf's Up 5:30pm-6:30pm	
	Gym Class 6:30pm-7:30pm (Kick Ball)		A-KidzBoxing 6:30pm-7:30pm	Karate 6:30pm-7:30pm	Movie Night 7:00pm-9:00pm	
	Karate 6:30pm-7:30pm		Gym Class 6:30pm-7:30pm (Kick Ball)	T.V. Hour 8:00pm-9:00pm		
	T.V. Hour 8:00pm-9:00pm		T.V. Hour 8:00pm-9:00pm			