

West End Junior Activities (9-13) July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>STARS starts July 1st!!!</p> <p>Make sure you check out the bulletin board by the Activities studio for all the details.</p> <p>WIN PRIZES!!!</p>	<p>LaserTag offered at Skatenation every Wednesday at 5:15-6:30p</p> <p>Jr. Water Sports offered every Tuesday at 5:00p</p> <p>Jr. Pool Activities offered every Thursday at 5:00p</p>	<p>All classes/activities are 60 minutes unless otherwise indicated</p> <p>* 30 minutes</p> <p>** 45 minutes</p> <p>*** 75 minutes</p>	 <p>We do birthday parties! Contact Andy Burns for more information!</p>	<p>1 9:00 *Jr. Abs Desiree 9:30 *CardioBlast Desiree 10:00 PUMP Desiree 10:30–11:30 PP 11:00 *DodgeballDesiree 11:30 * Jr. Abs Desiree 12:00 (K&M) Desiree 4:00 *PUMP Aurelia 4:15 FF Yoga Dee 4:30 *Jr. Abs Aurelia 4:30–6:00 PP 5:00 CardioBlast Aurelia 6:00 Mix It Up! Aurelia 7:00 Jr. Strive Jackson</p>	<p>2 9:30 *Wiffleball Desiree 10:00 Soccer Desiree 11:00 *Football Desiree 11:30 *Basketball Desiree 12:00 Dodgeball Desiree 4:00 * PUMPkelsey 4:15 CBC Dee 4:30 *CardioBlast Kelsey 5:00 FF Finning Cameron 5:00 Dodgeball Kelsey 6:00 Basketball Kelsey 6:30 FF Zumba Nicki</p>	<p>3 9:15 ** Jr. Bootcamp Naveed 10:00 *Basketball Desiree 10:30 *Soccer Desiree 10:30–12:30 PP 11:00 Mix It Up! Desiree 1:30 AKB for Teens!</p>
<p>4 10:00 *PUMP Desiree 10:30 *Wiffleball Desiree 11:00 Basketball Desiree 11:30–1:00 PP</p> <p>CLUB CLOSED AT 2:00 PM</p>	<p>5 9:30 * Wiffleball Desiree 10:00 Ult. Frisbee Desiree 10:30–11:30 PP 11:00 *Basketball Zach 11:30 *Football Zach 12:00 Dodgeball Zach 4:00 *Dodgeball Kelsey 4:15 FF Yoga Heather 4:30 *Basketball Kelsey 4:30–6:00 PP 5:00 Soccer Kelsey 6:00 Kickball Kelsey 7:00 Jr. Strive Andrew</p>	<p>6 9:00 *Jr. Abs Kendall 9:30 *CardioBlast Kendall 10:00 PUMP Kendall 10:30–11:30 PP 11:00 *Dodgeball Kendall 11:30 * Jr. Abs Kendall 12:00 (K&M) Kendall 4:00 *PUMP Ebony 4:15 * Jr. Cycle Jenny 4:30 * Jr. Abs Ebony 4:30–6:00 PP 5:00 CardioBlast Ebony 6:00 Mix It Up! Leslie 7:00 Jr Strive Jackson</p>	<p>7 9:00 *CardioBlast Desiree 9:30 *PUMP Desiree 10:00 Basketball Desiree 10:30–11:30 PP 11:00 *Wiffleball Desiree 11:30 *Kickball Desiree 12:00 Soccer Desiree 4:00 *Football Kelsey 4:15 FF CBC Ashley 4:30 *Wallball Kelsey 4:30–6:00 PP 5:00Basketball Kelsey 6:00 Ult. Frisbee Kelsey 7:00 Jr. Strive Andrew</p>	<p>8 9:00 *Jr. Abs Kendall 9:30 *CardioBlast Kendall 10:00 PUMP Kendall 10:30–11:30 PP 11:00 *Dodgeball Kendall 11:30 * Jr. Abs Kendall 12:00 (K&M) Kendall 4:00 *PUMP Ebony 4:15 FF Yoga Dee 4:30 *Jr. Abs Ebony 4:30–6:00 PP 5:00 CardioBlast Ebony 6:00 Mix It Up! Ebony 7:00 Jr. Strive Jackson</p>	<p>9 9:30 * Dodgeball Zach 10:00 Basketball Zach 11:00 *Football Zach 11:30 *Wiffleball Zach 12:00 Soccer Zach 4:00 Basketball Kelsey 4:15 CBC Dee 5:00 FF Finning Cameron 5:00 Court Sports Kelsey 6:00 PUMP Kelsey 6:30 FF Zumba Nicki</p>	<p>10 9:15 ** Jr. Bootcamp Naveed 10:00 *CardioBlast Torin 10:30 *PUMP Torin 10:30–12:30 PP 11:00 Basketball Torin 1:30 AKB for Teens!</p>
<p>11 10:00 *Soccer Torin 10:30 *Cardio Blast Torin 11:00 Dodgeball Torin 11:30–1:00 PP</p> <p>2:45 Jr Strive Andrew 6:15***FF Line Dancing Kemel & Gerald</p>	<p>12 9:30 * Wiffleball Desiree 10:00 Ult. Frisbee Desiree 10:30–11:30 PP 11:00 *Basketball Zach 11:30 *Football Zach 12:00 Dodgeball Zach 4:00 *Dodgeball Kelsey 4:15 FF Yoga Heather 4:30 *Basketball Kelsey 4:30–6:00 PP 5:00 Soccer Kelsey 6:00 Kickball Kelsey 7:00 Jr. Strive Andrew</p>	<p>13 9:00 *Jr. Abs Desiree 9:30 *CardioBlast Desiree 10:00 PUMP Desiree 10:30–11:30 PP 11:00 *DodgeballDesiree 11:30 * Jr. Abs Desiree 12:00 (K&M) Desiree 4:00 *PUMP Ebony 4:15 * Jr. Cycle Jenny 4:30 * Jr. Abs Ebony 4:30–6:00 PP 5:00 Cardio Blast Ebony 6:00 Mix It Up! Leslie 7:00 Jr Strive Jackson</p>	<p>14 9:00 *CardioBlast Desiree 9:30 *PUMP Desiree 10:00 Basketball Desiree 10:30–11:30 PP 11:00 *Wiffleball Desiree 11:30 *Kickball Desiree 12:00 Soccer Desiree 4:00 *Football Kelsey 4:15 FF CBC Ashley 4:30 *Wallball Kelsey 4:30–6:00 PP 5:00Basketball Kelsey 6:00 Ult. Frisbee Kelsey 7:00 Jr. Strive Andrew</p>	<p>15 9:00 *Jr. Abs Desiree 9:30 *CardioBlast Desiree 10:00 PUMP Desiree 10:30–11:30 PP 11:00 *Dodgeball Desiree 11:30 * Jr. Abs Desiree 12:00 (K&M) Desiree 4:00 *PUMP Ebony 4:15 FF Yoga Dee 4:30 *Jr. Abs Ebony 4:30–6:00 PP 5:00 CardioBlast Ebony 6:00 Mix It Up! Ebony 7:00 Jr. Strive Jackson</p>	<p>16 9:30 * Dodgeball Zach 10:00 Basketball Zach 11:00 *Football Zach 11:30 *Wiffleball Zach 12:00 Soccer Zach 4:00 Basketball Kelsey 4:15 CBC Dee 5:00 FF Finning Cameron 5:00 Court Sports Kelsey 6:00 PUMP Kelsey 6:30 FF Zumba Nicki</p>	<p>17 9:15 ** Jr. Bootcamp Naveed 10:00 *Jr. Abs Desiree 10:30 *Wiffleball Desiree 10:30–12:30 PP 11:00 Ult. Frisbee Desiree 1:30 AKB for Teens!</p>
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<p>25 10:00 *Ult. Frisbee Torin 10:30 *Basketball Torin 11:00 Dodgeball Torin 11:30–1:00 PP</p> <p>2:45 Jr Strive Andrew 6:15***FF Line Dancing Kemel & Gerald</p>	<p>26 9:30 *Ult. Frisbee Desiree 10:00 Basketball Desiree 10:30–11:30 PP 11:00 * Dodgeball Desiree 11:30 * WiffleballDesiree 12:00 Football Desiree 4:00 *Soccer Kendall 4:15 FF Yoga Heather 4:30 *Basketball Kendall 4:30–6:00 PP 5:00 Football Kendall 6:00 Dodgeball Kendall 7:00 Jr. Strive Andrew</p>	<p>27 9:00 *Jr. Abs Kendall 9:30 *CardioBlast Kendall 10:00 PUMP Kendall 10:30–11:30 PP 11:00 *Dodgeball Kendall 11:30 * Jr. Abs Kendall 12:00 (K&M) Kendall 4:00 *PUMP Ebony 4:15 * Jr. Cycle Jenny 4:30 *Jr. Abs Ebony 4:30–6:00 PP 5:00 CardioBlast Ebony 6:00 Mix It Up! Leslie 7:00 Jr Strive Jackson</p>	<p>28 9:00 *CardioBlast Desiree 9:30 *PUMP Desiree 10:00 Basketball Desiree 10:30–11:30 PP 11:00 *Wiffleball Desiree 11:30 *Kickball Desiree 12:00 Soccer Desiree 4:00 *Football Kelsey 4:15 FF CBC Ashley 4:30 *Wallball Kelsey 4:30–6:00 PP 5:00Basketball Kelsey 6:00 Ult. Frisbee Kelsey 7:00 Jr. Strive Andrew</p>	<p>29 9:00 *Jr. Abs Desiree 9:30 *CardioBlast Desiree 10:00 PUMP Desiree 10:30–11:30 PP 11:00 *DodgeballDesiree 11:30 * Jr. Abs Desiree 12:00 (K&M) Desiree 4:00 *PUMP Ebony 4:15 FF Yoga Dee 4:30 *Jr. Abs Ebony 4:30–6:00 PP 5:00 CardioBlast Ebony 6:00 Mix It Up! Ebony 7:00 Jr. Strive Jackson</p>	<p>30 9:30 *Ult. Frisbee Desiree 10:00 Basketball Desiree 11:00 * Dodgeball Desiree 11:30 * WiffleballDesiree 12:00 Football Desiree 4:00 * Dodgeball Kelsey 4:15 CBC Dee 4:30 *PUMP Kelsey 5:00 FF Finning Cameron 5:00 Basketball Kelsey 6:00 Football Kelsey 6:30 FF Zumba Nicki</p>	<p>31 9:15 ** Jr. Bootcamp Naveed 10:00 *Dodgeball Desiree 10:30 *Basketball Desiree 10:30–12:30 PP 11:00 PUMP Desiree 1:30 AKB for Teens!</p>

West End Junior Activities Descriptions

AKB (Americanized Kickboxing)For Teens: Jab, punch, kick, slip, duck and jump your way into fitness! You will train with ‘drills’ the way real kick boxers do!

Basketball: Come shoot some hoops, play a pick-up game, or other basketball games!

CardioBlast: Lets get those hearts pumping! Come ready to sweat, we’re going to work hard on the track and machines.

Court Sports: Your activities staff member will run you through basketball, soccer, football, and more. It’s your group’s choice!

Dodgeball!: The classic is back! Come play with your team to get the others out!

FF CBC (Cycle Boot Camp): Cycle intervals mixed with fun and challenging boot camp drills! Must be 4’9” to ride. Great for parents and kids! Please bring water and a towel. Sign up for this class up to 72 hours in advance!

FF Finning: Enjoy a class using fins to increase your swimming skill and speed! Great abdominal and lower body workout, so parents come on out with your kids!

FF Line Dancing: Walk it Out, Crank Dat, Step in the Name of Love while you Cupid Shuffle! Pop, Lock, and Drop your Cha-Cha Slide! Dance your way into fitness!

FF Yoga: Develop strength, endurance, flexibility, and proper body alignment through a series of poses.

FF Zumba: Dance your way to a fitter you! An aerobic workout using exciting and unique Latin moves!

Football: Who doesn’t love football? Come play with us!

Jr Abs: Not just your ordinary crunches here! Keep your core strong using standing exercises, balls, and much more!

Jr Boot Camp: This Boot Camp is all about fun! Join us for fun games and drills that are sure to change your mind about exercise!

Jr Pool Activities: A variety of water activities including Marco Polo, Sharks & Minnows and more!

Jr Cycle: An exercise class on the stationary bikes. Perfect for all ages and fitness levels. Please bring water and a towel. Must be at least 4’9” to ride.

Jr Strive: Basic Strive format, with fun ‘Jr’ approved activities which could include jump rope, tug o war, or other fun exercises!

Jr Water Sports: A variety of water sports including basketball, volleyball and water polo!

Krabs and Minnows (K&M): Classic pool games played on land as crabs! Sounds weird, but trust me, you’ll have a great time, and get a great workout!

Kickball: Work up a sweat, kicking and running the bases!

Laser Tag: Sign up 36 hours in advance and get your name on the list. There are only 20 spaces available. Parents now drop off and pick up their kids from Skate Nation. Must register at the Skate Nation front desk upon arrival.

Mix It Up!: An hour split between all kinds of healthy activities! Running, abs, lifting, stretching, sports, cardio... who knows?!

Pool Play (PP): Sign into the Kids Zone and have fun in the pool with your friends!

PUMP: Learn basic weight lifting and conditioning skills using handheld equipment and your own body **weight**.

Soccer: Kick around or play a game of soccer! If you don’t know how, you will learn the basics here.

Ultimate Frisbee: What’s better than Frisbee? Come for the “ultimate” amount of fun!

Wiffleball: Like baseball? This if the activity for you.

FF = Family Friendly, ages 9-13 may attend with a parent or alone.

All other classes are 9-13 only



Christmas in July! On the 24th, we’re hosting an XRKade-a-thon from 9a-1p for ages 9 and up! Contact Andy Burns for more info on how to help support the Children’s Hospital!!!