

August Kid's Activity Classes

(Ages 9-13)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 12:00-1:00 Open Basketball 1:00 Surf's Up (4-up)* 2:00 Anything Goes	2 11:00 Surf's Up (4-up)* 5:30 Power Hour 6:30 Kids Cycle 7:00 Surf's Up (4-up)* 7:15 Sports Central	3 6:00 Surf's Up (4-up)* 6:30 Mascot Mile Run 7:00 H2O Volleyball (must be 4ø1 ö) 7:15 Games Galore 8:00 Karate (8-up)	4 6:00 Surf's Up (4-up)* 6:30 Crunch Time 7:15 Sports Central	5 6:00 Surf's Up (4-up)* 6:30 Power Hour 7:15 Games Galore 8:00 Karate Bowling Field Trip 9:30-12:30	6 11:00 Surf's Up (4-up)* 6:00 Surf's Up (4-up)* 6:15 Anything Goes Float In Movie 7:00-9:00pm	7 11:00 Surf's Up (4-up)*	
8 12:00-1:00 Open Basketball 1:00 Surf's Up (4-up)* 2:00 Anything Goes	9 11:00 Surf's Up (4-up)* 5:30 Power Hour 6:30 Kids Cycle 7:00 Surf's Up (4-up)* 7:15 Sports Central	10 6:00 Surf's Up (4-up)* 6:30 Mascot Mile Run 7:00 H2O Volleyball (must be 4ø1 ö) 7:15 Games Galore 8:00 Karate (8-up)	11 11:00 S.T.E.P (in Group Cardio) 6:00 Surf's Up (4-up)* 6:30 Crunch Time 7:15 Sports Central	12 6:00 Surf's Up (4-up)* 6:30 Power Hour 7:15 Games Galore 8:00 Karate	13 11:00 Surf's Up (4-up)* 6:00 Surf's Up (4-up)* 6:15 Anything Goes Dodgeball Tournament Sign up NOW!	14 11:00 Surf's Up (4-up)*	
15 12:00-1:00 Open Basketball 1:00 Surf's Up (4-up)* 2:00 Anything Goes	16 11:00 Surf's Up (4-up)* 5:30 Power Hour 6:30 Kids Cycle 7:00 Surf's Up (4-up)* 7:15 Sports Central	17 6:00 Surf's Up (4-up)* 6:30 Mascot Mile Run 7:00 H2O Volleyball (must be 4ø1 ö) 7:15 Games Galore 8:00 Karate (8-up)	18 11:00 S.T.E.P (in Group Cardio) 6:00 Surf's Up (4-up)* 6:30 Crunch Time 7:15 Sports Central	19 6:00 Surf's Up (4-up)* 6:30 Power Hour 7:15 Games Galore 8:00 Karate	20 11:00 Surf's Up (4-up)* 6:00 Surf's Up (4-up)* 6:15 Anything Goes PARENTS NIGHT OUT Contact Kids Zone for more information	21 11:00 Surf's Up (4-up)*	
22 12:00-1:00 Open Basketball 1:00 Surf's Up (4-up)* 2:00 Anything Goes	23 11:00 Surf's Up (4-up)* 5:30 Power Hour 6:30 Kids Cycle 7:00 Surf's Up (4-up)* 7:15 Sports Central CAR WASH 9-12 & 4-7	24 6:00 Surf's Up (4-up)* 6:30 Mascot Mile Run 7:00 H2O Volleyball (must be 4ø1 ö) 7:15 Games Galore 8:00 Karate (8-up)	25 6:00 Surf's Up (4-up)* 6:30 Crunch Time 7:15 Sports Central Play N Trade Field Trip 9:30-12:30	26 6:00 Surf's Up (4-up)* 6:30 Power Hour 7:15 Games Galore 8:00 Karate	27 11:00 Surf's Up (4-up)* 6:00 Surf's Up (4-up)* 6:15 Anything Goes	28 11:00 Surf's Up (4-up)*	
29 12:00-1:00 Open Basketball 1:00 Surf's Up (4-up)* 2:00 Anything Goes	30 11:00 Surf's Up (4-up)* 5:30 Power Hour 6:30 Kids Cycle 7:00 Surf's Up (4-up)* 7:15 Sports Central	31 6:00 Surf's Up (4-up)* 6:30 Mascot Mile Run 7:00 H2O Volleyball (must be 4ø1 ö) 7:15 Games Galore 8:00 Karate (8-up)	  			Upcoming Events: Summer Carnival September 1 5-8pm	

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

H₂O 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.

Mascot Mile Run: This is a warm up to the annual 5K/10K Walk/Run to benefit Children's Hospital. On October 10, there is a 1 mile Kids Run that starts before the race on the grounds of the hospital and area mascots will cheer the runners at every turn. The mascot mile is \$10 on or before October 1st and \$15 after. 5K/10K registration is available online at www.amfamrace.com.

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!