

Kid Zone Activities

AUGUST 2010



Ages 9 to 13 Activities Include but are not limited to

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Kids Zone Manager
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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**

Aqua Sports

Come join us for competitive games and more in the pool! We will do everything from noodle racing to a game of hoops! You don't want to miss the fun and games! **Ages 9-13**

Fit Kids

Test your endurance with light weight lifting, cardio, and stretching! Join our Fit Kids Staff for an excellent workout! **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


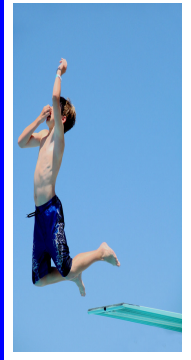

Jab, punch, kick, slip, duck and jump your way to fitness! This fun, yet challenging class incorporates various martial arts, boxing, kicking and endurance training techniques. You will train with "drills" the way real kick boxers do! **Ages 9-13**

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 their 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.**

| 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 11:15am-12:15pm |
| 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 | T.V. Hour 1:00pm-2:00pm |
| 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 | Arts & Crafts 2:00pm-4:00pm |
| <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 | Free Play 4:00pm-6:00pm |
| <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 | T.V. Hour 6:00pm-7:00pm |
| <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 | |
| <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 | Aqua Sports 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 | Karate 6:30pm-7:30pm |  |
| | 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 | | T.V. Hour 8:00pm-9:00pm |  | Movie Night 7:00pm-9:00pm | |