

kidfit

spring 2016



February 22—May 14 (No class: March 21-27)

updated February 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 am	SOCCER (3-5) Studio 1	Sports of All Sorts (3-5) Studio 1	Sports of All Sorts (3-5) Studio 1 ME & MY YOGI (12-24 mos) Studio 2	Sports of All Sorts (3-5) Studio 2	Active Artists (3-5) Studio 1	Active Artists (3-5) Multipurpose Room B
10:15 am	Active Artists (3-5) Studio 1	Active Artists (3-5) Studio 1	TINY ZUMBA (3-5) Studio 1	Active Artists (3-5) Multipurpose Room A	Sports of All Sorts (3-5) Studio 1	Boxing (8+) Multipurpose Room A
11:15 am	ME & MY YOGI (3-5) Studio 1	FUN FITNESS (3-5) Studio 1	FUN FITNESS (3-5) Studio 1	SOCCER (3-5) Studio 1		Active Artists (8+) Multipurpose Room B
1:00 pm	Sports of All Sorts (3-5) Studio 1 ME & MY YOGI (12-24 mos) Studio 2		Sports of All Sorts (3-5) Studio 1	ME & MY YOGI (3-5) Studio 1		Boxing (5-7) Multipurpose Room A
1:15 pm					Active Artists (3-5) Studio 1	Active Artists (5-7) Multipurpose Room B
2:00 pm	FUN FITNESS (3-5) Studio 1					Boxing (8+) Multipurpose Room A
2:15 pm					FUN FITNESS (3-5) Studio 1	
4:00 pm	FUN FITNESS (5-7) Studio 2	SOCCER (3-5) Studio 2	FUN FITNESS (3-5) Studio 2			
4:15 pm	HOCKEY (5-7) Brown Gym	FUN FITNESS (5-7) Studio 1 Sports of All Sorts (3-5) Brown Gym	SOCCER (5-7) Brown Gym	BASKETBALL (5-7) Brown Gym FUN FITNESS (3-5) Studio 1	Sports of All Sorts (3-5) Studio 1	
4:30 pm	<i>Family Yoga</i> (5-9) Yoga Studio					
5:00 pm	SOCCER (3-5) Studio 2		FUN FITNESS (5-7) Studio 2		Sports of All Sorts (5-7) Brown Gym	
5:15 pm	SOCCER (8+) Brown Gym	BASKETBALL (8+) Brown Gym sportsfinity (All Ages) Studio 1 *class is 30 mins*	FOOTBALL (8+) Brown Gym	FOOTBALL (5-7) Brown Gym FUN FITNESS (8+) Studio 1		
5:30 pm			ZUMBA (6+) Studio 1	<i>Family Yoga</i> (8+) Yoga Studio *Starts at 5:40pm*		
6:00 pm	Boxing (5-7) Multipurpose Room B	FUN FITNESS (3-5) Studio 1			FOOTBALL (8+) Brown Gym	
6:15 pm	Sports of All Sorts (8+) Brown Gym	Sports of All Sorts (5-7) Brown Gym		FUN FITNESS (5-7) Studio 1 BASKETBALL (8+) Brown Gym	FUN FITNESS (5-7) Studio 1	
6:30 pm			FAMILY ZUMBA (All ages) Studio 1			
7:00 pm	Mixed Martial Arts (5-7) Multipurpose Room B	HOCKEY (5-7) Studio 1			BASKETBALL (5-7) Brown Gym	
7:15 pm				HOCKEY (8+) Brown Gym Active Artists (5-7) Studio 1		
7:30 pm			FUN FITNESS (8+) Studio 1			

9:15 am
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10:15 am
10:30 am
11:15 am
11:30 am

REGISTRATION
Member: January 25
 Online 6:00 am | Walk-in 9:00 am
Family Plus Programs
 Memberships are allowed to participate in 3 youth programs classes per week. No more than two in the same program. Members taking additional youth programs classes must wait until the General Public registration date and pay the General Public Rate.

General Public: February 1
 Walk-in 9:00 am

COST
Family Plus Programs Membership
 Free, plus \$5 Reg fee
General Public
 \$120 + \$10 Reg fee
Refunds will not be given at any time for programs cancelled by participants.

CREDITS
Will be given with a doctor's note. Any cancellations after the start of the session will not receive a refund or credit.

All classes are 45 minutes

ACTIVE ARTISTS Age 3-5; 5-7; 8+
Active Artists will combine the art of movement with the art of creativity to children ages 3-11. **Please bring your child a smock.** Children will be able to create pieces of artwork with their brains and bodies. Activities and games will be played after the craft is complete. **\$10 material fee.**

BASKETBALL..... Age 5-7; 8+
Basketball is one of the most popular sports in the world. Skills, tactics, drills, and small sided games will be incorporated into this fun class!

BOXING Age 5-7; 8+
Learn the basic fundamentals of Boxing in this class and build self-confidence. Your child will learn proper jab, cross, hook, & upper cut combinations. Bag drills and conditioning will be incorporated in our training also! In the more advanced 8+ class, children will learn proper footwork, individual/combo striking development, and even more advanced techniques. Additionally, the 8+ program offers excellent conditioning through rope jumping, calisthenics, & plyometric drills.

FAMILY YOGA.....5-8; 8+
This class is designed to build strength and flexibility with postures and flowing sequences, promote self-confidence, awareness, and control. Children will learn how to focus and center themselves with various breathing and visualization techniques. They will also learn self-respect and respect for others with the practice of fun postures, group games, breathing and basic anatomy.

FAMILY ZUMBAAll Ages
This class is an exciting new way for adults and kids to exercise together through exhilarating dance and fitness movements! Improve your coordination, muscle tone, endurance and get rid of excess body fat while you jump, wiggle and dance to fun music beats!

FOOTBALL..... Age 5-7; 8+
Work hard to become like your favorite football star and have fun doing it! This class will work on all of the fundamental skills with an emphasis on the fun. Learn to throw and catch, as well as team building and agility.

FUN FITNESS..... Age 3-5; 5-7; 8+
This class will include a variety of activities to enhance strength and cardiovascular fitness. Kids will participate in games, obstacle courses, relay races, sports drills and more. This is a non-competitive environment where social skills and confidence will be enhanced.

HOCKEY..... Age 5-7; 8+
Floor hockey is an excellent way to get a workout! This class will enhance your sport and agility skills, exercise your competitive nature, and work on team-building skills in a fun-focused environment.

ME & MY YOGI.....12-24 mos; 3-5
This parent-participation class is designed to develop strength, flexibility and basic motor skills. Parents will engage with children as they practice basic breathing and stretching techniques in a fun and interactive environment.

MIXED MARTIAL ARTS..... Age 5-7; 8+
Is an explosive combat sports class that promotes self-confidence, respect, honor and personal courage in the form of many different blends of combat arts. Your child will learn the basics of Grappling; Wrestling, Judo, Jiu Jitsu along with striking forms such as Boxing, Muay Thai, KickBoxing and TKD all taught by a Professional MMA Fighter. In this class there will be combination drills on the bag and mitt work with the instructor. Many different grappling drills and submissions will be highlighted in this class to put it all together to become a complete fighter.

SPORTS OF ALL SORTS . Age 3-5; 5-7; 8+
A Winter time "Outrageous Outdoor". This class will be a whirlwind of fun activities including tag games, sports, obstacle courses, team building exercises and the list goes on! We will focus on sport skill development in a non-competitive and fun environment so self-esteem and confidence will be enhanced!

SOCCER Age 3-5; 5-7
Learn the basic concepts, techniques, and skills of soccer all while having fun!

sportsfinitly All Ages
Sportsfinitly provides a physical outlet to improve health through movement and calisthenics, with an emphasis on overall fitness and coordination for children with special needs. Boys and girls are encouraged to participate and progress at their own ability while boosting self esteem and social skills with the guidance of a motivated instructor. Class will focus on the use of a variety of sports to keep children active!

TOUGH TINY TOTS.....Age 3-5
This class is a lot of fun! The children use their imagination to work out. One day they may be a boogie boarder at the beach and the next they may be hunters running through the jungle. They will use fun, colorful props including: bouncy balls, hula hoops, bean bags, streamers and more! This class will help develop confidence, social skills, hand-eye coordination, strength, flexibility, motor skills and more!

ZUMBA Age 3-4; 5-7; 8+
During the session, children will learn four different Latin American rhythms. In addition to learning the choreography to these dances, there will be group interaction through circle time and games.



QUESTIONS?

Call the Program Desk
215.968.0600 ext 112

ATTIRE / EQUIPMENT

All participants must wear a t-shirt, shorts or sweat pants. All children must have sneakers. Absolutely **no jeans or clothing with buttons, zippers, or beading** is permitted. There is **no jewelry permitted**. Hair must be tied back and securely fastened with an elastic rubber band, **no clips or bows that will inhibit any rolling activities**.

PARENT RESPONSIBILITY

An adult can escort all children to the studio. No one is permitted in the studio prior to class time. Any child originally from the Kid's Club will be taken back after class, all others must be picked up promptly after class by a parent.

ATTENDANCE POLICY

If your child misses two classes without notification, he/she will be dropped from the class. Please email us for any absences.

attendance@newtownathletic.com