




Soccer Begins
the week of
Sept 9th

Kidfit Fall Session 2019

September 9th- October 27th 2019

All classes requiring
pre-registration are
marked ★



| Time: | Mon | Tue | Wed | Thu | Fri | Sat | |
|---------|--|---|---|---|---|---|---|
| 9:00am | Christine Coloring time Ages 2-4 | ★ John Toddler Soccer Ages 2-4 | Christine Coloring time Ages 2-4 | | Christine Coloring time Ages 2-4 | Eddie Skill Development Ages 7-9 ★ John Youth Soccer Ages 4-5 | |
| 9:30am | Alina Mommy & Me Ballet ★ Ages 2-4 | Christine Arts & Crafts Ages 2-4 | | Christine Arts & Crafts Ages 2-4 | | | |
| 10:00am | | ★ John Toddler Soccer Ages 2-4 | Natalia Toddler Play Time Ages 2-4 | | Christine Arts & Crafts Ages 2-4 | Eddie Skill Development Ages 10-12 ★ John Youth Soccer Ages 6-7 | |
| 10:30am | | | | Natalia Jump & Shout Ages 2-4 | Natalia Jump & Shout Ages 2-4 | | |
| 11:00am | Christine Arts & Crafts Ages 2-4 | Christine Coloring time Ages 2-4 | Christine Arts & Crafts Ages 2-4 | Christine Coloring time Ages 2-4 | | Eddie Skill Development Ages 13+ ★ John Youth Soccer Ages 7-9 | |
| 4:30pm | Natalia Seasonal Arts & Crafts Ages 3-6 | Natalia Jewelry Making Ages 4-6 | Natalia Arts & Crafts All Ages | ★ Alina Youth Ballet Ages 5-6 | Natalia Jewelry Making Ages 5+ | <p>Kidfit Open Gym Sports Schedule:</p> <p>Monday—Friday 5-7:45PM</p> <p>Saturday 9AM-3:45PM</p>  | |
| 5:00pm | Eddie Kid's Circuit Training Ages 8+ | Eddie Basketball Skills Ages 7+ | ★ Jean Youth Soccer Ages 5-6 | ★ Jacqui Kid's Yoga Ages 5+ | ★ Jean Youth Soccer Ages 7-8 | | |
| 5:30pm | Jacqui Kid's Yoga Ages 5+ | | | ★ Alina Ballet Ages 7+ | Eddie Basketball Skills Ages 7+ | | Natalia Arts & Crafts All Ages |
| 6:00pm | | Jacqui Kid's Yoga Ages 5+ | ★ Jean Youth Soccer Ages 6-7 | ★ Jean Youth Soccer Ages 9+ | | | |
| 6:30pm | Eddie Sports & Games Ages 7+ | Eddie Sports & Games Ages 7+ | Jacqui Body Bend Yoga Ages 5+ | Eddie Sports & Games Ages 7+ | | | Casey Sports & Games Ages 7+ |

TODDLER CLASSES

- ★ **Jump & Shout:** This class is a chance for your toddlers to interact with other toddlers and participate in fun games & obstacle courses.
- ★ **Mommy and Me BALLET**— Watch your child interact with others, learn to take instruction, make new friends and discover creative movement. Students will learn the beginning stages of ballet through fun props & structured musical games to learn rhythm & coordination.
- ★ **Toddler Play Time:** this 30 minute class is an open play area where toddlers can interact with other toddlers, under the supervision of one of our instructors. This is a learning experience & a chance to make new friends
- ★ **Toddler Soccer:** This 45 beginner class will go over the basics and fundamentals of soccer.

KIDS CLASSES

- ★ **Arts & Crafts:** This class covers a variety of different styles of art. Anything from painting, to seasonal crafts. Each class is designed for a specific age group.
- ★ **Basketball Skills:** a structured skills class that emphasizes on discipline, respect, teamwork, and fundamentals. We work on dribbling, shooting, defense and passing.
- ★ **Body Bend Yoga:** This 45min yoga class will help your child learn about the body's anatomy with Yoga as it's guide. By using descriptive exercises, props & work sheets
- ★ **Coloring :** During this time children can spending showing off their creative side and color their favorite pictures.
- ★ **Kid's Circuit Training:** This class helps your child develop better coordination, challenges their cardiovascular system, speed, agility, balance and muscle strength.
- ★ **Kids Yoga:** This 45min class improves strength, flexibility & coordination. Children learn how to focus and center themselves w/ various breathing & visualization techniques. They will also learn self-respect and respect for others with the practice of fun challenging poses as well as partner & group poses.
- ★ **Skill Development:** This is a one hour class that will go over the fundamentals of sports. Each week a new sport will be incorporated into this Saturday morning structured instructional class. This is a fun interactive environment in which children can develop their athletic abilities all while having fun.
- ★ **Sports Mixer:** This class recreates classic backyard games and brings them indoors under the supervision of fun, caring staff. Exciting games like capture the flag, whiffle ball and dodge ball to name a few. No equipment needed. Sneakers required.

REGISTRATION REQUIRED For the Classes marked ★

- ★ **Soccer:** This one hour instructional class will go over the basics and fundamentals of soccer. Through fun games and drills, kids will work to their skill level all while moving and having fun.
- ★ **Ballet:** A 45 min class where students are taught various styles of Ballet technique, barre work, proper body positioning, alignment as well as basic technique and musicality will all be covered in this 5-6 weeks.

Kids Fit Gym

The Kids Fit Gym is fully open to children Ages 6-12 years old. Children may **only enter** this area with either parental supervision OR with a wellness staff member. Children entering this area outside of our OPEN GYM SCHEDULE (above) or without their parent or guardian will result in a suspension from the KIDS FITS GYM. Please take notice and abide by all Kids Gym Rules but most importantly enjoy our new addition and HAVE FUN!!!! Kids Fit Gym includes kids customized bikes, treadmills, rowers, elliptical and much much more!!