

Activities for Children/Youth Starting 10-31-2011

TIME	CLASS	Age	MEETING PLACE
MONDAY			
9:15-10:00am	* Hi 5 Class	3-6	Kidzone
5:45-6:30pm	*Youth Challenge	7-11	Hi 5 Room (next to group fitness)
6:30-7:30pm	Open Gym	6-11	Multi-purpose Room (unsupervised)
TUESDAY			
9:15-10:00am	* Hi 5 Class	3-6	Kidzone
5:45-6:30pm	* Hi 5 Class	3-6	Kidzone
5:30-6:30pm	Open Gym	6-11	Multi-purpose Room (unsupervised)
6:45-7:30pm	*Youth Challenge	7-11	Hi 5 Room (next to group fitness)
WEDNESDAY			
9:15-10:00am	* Hi 5 Class	3-6	Kidzone
6:30-7:30pm	Open Gym	6-11	Multi-purpose Room (unsupervised)
THURSDAY			
9:15-10:00am	* Hi 5 Class	3-6	Kidzone
4:30-5:15pm	* Hi 5 Class	3-6	Kidzone
4:30-5:30pm	Open Gym	6-11	Multi-purpose Room (unsupervised)
6:15-7:00 pm	*Youth Challenge	7-11	Hi 5 Room (next to group fitness)
FRIDAY			
9:15-10:00am	*Water Play Time	3-5	Pool
6:15-7:00pm	*Youth Challenge	7-11	Hi 5 Room (next to group fitness)

- (Sign up is required for stated classes)
 - Hi 5 – Maximum 12 Children
- Youth Challenge – Maximum 14 Children

(For class descriptions see backside)

Activities for Children/Youth

Hi 5 Class

A 45-minute class for **ages 3-6** that will help your child learn to love exercise at an early age and promote a healthier lifestyle. This high energy exercise class is tons of fun as children get to participate in different activities each week. Some activities include tag games, ball games, hula hoops, parachutes, basic tumbling and scooters! Sign up will take place in Kidzone and will begin 30 minutes prior to the start of class. There is a maximum of 12 children for class. Tennis shoes and socks are required for class.

Youth Challenge

A 45-minute youth class for **ages 7-11** designed to incorporate strength training and cardio through games and activities. Sign up will take place at the Front Desk and will begin 30 minutes prior to the start of class. Tennis shoes and socks required for class. Meet in the Hi 5 Room. There is a maximum of 14 children for class.

Open Gym (Unsupervised)

Open Gym is a time for **ages 6-11** to play in an area they can call their own. There are basketball hoops, hula hoops, and jump ropes. Children are able to use the gym on their own and are free to come and go. Please check in with the Kidzone Staff. Staff will be monitoring the gym from the Kidzone windows but will not be in the gym.

Water Play Time

This is a non-structured time for kids **ages 3-5** to play in the zero depth area of the pool. We will provide a lifeguard and toys to play with during this time. Children must be potty trained and parents or guardians must remain in the building at all times. There is a limit of 10 children and the sign up will be in the pool with the lifeguard who will check the children in and out.

For more information about these classes please contact Deena at 323-6918 or email her at Deena.Rogers@sanfordhealth.org.