



Youth Activities
Tea/Ellis
Beginning Nov. 2018

TIME	CLASS	Age	Sign up
MONDAY			
9:15-10am	Hi 5 Class	3-5	Sign up in Kidzone
5:45-6:30pm	Youth Challenge	6-11	Sign up at Front Desk
TUESDAY			
9:15-10am	Hi 5 Class	3-5	Sign up in Kidzone
6:45-7:30pm	Youth Challenge	6-11	Sign up at Front Desk
WEDNESDAY			
9:15-10am	Hi 5 Class	3-5	Sign up in Kidzone
5:45-6:30pm	Youth Challenge	6-11	Sign up at Front Desk
THURSDAY			
9:15-10am	Hi 5 Class	3-5	Sign up in Kidzone
6:15-7pm	Youth Challenge	6-11	Sign up at Front Desk
FRIDAY			
9:15-10am	Water Play Time	3-5	Sign up in the Pool

- Sign up is required for all classes.
- Sign up begins 30 minutes prior to class

(For class descriptions see backside)

Hi 5 Class

A 45-minute class for **ages 3-5** that will help your child learn to love exercise at an early age and promote a healthier lifestyle. Class activities include obstacle course, tag games, hula hoops, basic tumbling, bouncy house and free time to run and play! **Sign up will take place in Kidzone** and will begin 45 minutes prior to the start of class. There is a maximum of 12 children and a minimum of 4 children for class. **Socks are required for class.** **Children must be potty-trained!**

Youth Challenge

A 45-minute youth class for **ages 6-11** 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 Exercise Studio (next to Group Fitness Studio). Class may go to various areas of the building or outside.

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 parent or guardian 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.