

# Sports Programming Schedule

Fall 2011

Fall 1: September 12 - November 6 | Fall 2\*: November 7 - January 8



Get your kids started on a lifelong affinity for fitness with Sports Clubs for Kids programming. We offer fun, recreational athletic programs that build strong bodies for kids from tots to teens.

	mon	tue	wed	thu	fri	sat	sun
<b>Kids Hip Hop (ages 7-10)</b>							
Becoming a dancing star! Learn the latest dance moves and put them into a dance routine with awesome music and an inspiring beat. No dance experience required.			4:30pm ages 7-10				
<b>Kidspin Theater (ages 10-13)*</b>							
In this class, stationary bikes are transformed into imaginary vehicles of travel and exploration. Video, pop music and a feeling of virtual reality are built into this improvisational experience. *Participants must be at least 4'8" tall and have a minimum inseam of 28".		4:30pm ages 11-13					
<b>Gymtastics (ages 1-8)</b>							
Participants will learn to tumble, flip and roll in our fantastic and energizing recreational gymnastics program. Classes teach basic gymnastics skills through the use of themes, music, fun and games.	4:30pm ages 3-5	9:30am ages 3-5	9:30am ages 1-3*	4:30pm ages 5-7	9:00am ages 3-5	9:00am ages 6-8	
	5:30pm ages 5-7	4:30pm ages 5-7	4:30pm ages 5-7	5:30pm ages 5-7		10:00am ages 3-5	11:00am ages 1-3*
*Parent with Tot							
<b>Youth Sports Conditioning (ages 7-13)</b>							
Youth Sports Conditioning gives participants the exercise they need to be healthy and fit, all while having a blast in an exciting, noncompetitive, social atmosphere. While this program is not necessarily sport-specific, it will improve performance in children who play sports.	4:15pm ages 7-10		5:00pm ages 11-13				

\*No class 11/24-11/27 and 12/24-1/1. Classes prorated.

<b>Gymtastics</b>	<b>Kids Spin, Youth Sports Conditioning and Kids Hip Hop</b>
<b>Member</b> \$112	<b>Member</b> \$136
<b>Nonmember</b> \$136	<b>Nonmember</b> \$160

Refund/Credit Policy: All program sales are final. There are no refunds. Credit is not given for missed classes. Credit toward another Sports Clubs for Kids program will only be given for a physician-verified injury or illness, or if Sports Clubs for Kids is notified of a change in plans at least one week prior to the start of a program session. Program credit is valid only for Sports Clubs for Kids programs and must be used within one year from the date of issue. Inclement Weather Policy: Parents should call the facility one hour before the scheduled class time to inquire if a class is canceled. Make-ups are offered for classes that are canceled due to inclement weather. Make-up Policy: One unexcused make-up per session is permitted based on availability. A class must be missed before a make-up can be scheduled. Once a make-up is scheduled it may not be rescheduled. More than one make-up require a doctor's note, which must be presented at the time of scheduling. All make-ups must be scheduled within one week from the end of the session of the missed class.



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