

Activities for Children/Youth

Starting 1/25/10

TIME	CLASS	Age	MEETING PLACE
MONDAY			
9:15 - 10:00am	Active Tikes	3-5	Kidzone
5:00 - 5:45pm	Pee Wee Bball*	3-4	Gym - College Side *Previous Sign-Up Required
6:00 - 6:45pm	Pee Wee Bball*	5-6	Gym - College Side *Previous Sign-Up Required
7:00 - 7:45pm	Youth Bball*	7-8	Gym - College Side *Previous Sign-Up Required
TUESDAY			
9:15-10:00am	Active Tikes	3-5	Kidzone
5:00- 6:00 pm	Speed & Agility*	9-18	Gym - College Side *Previous Sign-Up Required
6:30 - 7:30 pm	Open Gym	6-8	Multi-purpose Room (Unsupervised)
6:35 - 7:20 pm	Youth Circuit	9-11	Circuit Studio
WEDNESDAY			
9:15 - 10:00am	Active Tikes	3-5	Kidzone
5:30 - 6:15pm	Youth Circuit	9-11	Circuit Studio
5:30 - 6:30pm	Open Gym	6-8	Multi-purpose Room (Unsupervised)
THURSDAY			
9:15-10:00am	Active Tikes	3-5	Kidzone
5:00 - 6:00pm	Speed & Agility*	9-18	Gym - College Side *Previous Sign-Up Required
6:30 - 7:30 pm	Open Gym	6-8	Multi-purpose Room (Unsupervised)
6:35 - 7:20 pm	Youth Circuit	9-11	Circuit Studio
FRIDAY			
9:15 - 10:00am	Active Tikes	3-5	Kidzone
6:15 - 7:00pm	Youth Circuit	9-11	Circuit Studio

*** (Must be previously signed up to attend.)**

For more information about these classes please contact

Kevin at 323-6955 or email him at

amesquik@sanfordhealth.org

(For class descriptions see backside)

Activities for Children/Youth

Active Tikes

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. 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 and parachutes!

Youth Circuit

A 45-minute youth circuit class for **ages 9-11** designed to incorporate strength training and cardio through an interval style workout.

Speed and Agility

Sports specific ground based training incorporating the latest in speed, plyometrics, agility, and explosive power development. This class is aimed to teach proper training techniques for safety, efficiency, and performance. Ages are **9-18yrs** old.

Pee Wee & Youth Basketball League

PWBL will teach kids the fundamentals of Basketball, such as: running and dribbling, passing, shooting, sportsmanship, and communication. Once the kids are signed up they will be grouped into teams and will practice and play games according to the schedule. Everyone will receive a t-shirt and a medal.

Open Gym (Unsupervised)

Open Gym is a time for 6-8 year olds to play in an area they can call their own. There is basketball, scoops, jump rope, and many other fun apparatuses for the kids to play with. Parents are welcome drop their children off at the designated time and place, and pick them up. However, children are free to come and go as they please. Kidzone staff is nearby for help.

For more information about these classes please contact Kevin at 323-6955 or email him at amesquik@sanfordhealth.org