



Kidz in Motion Programming Schedule

Kidz Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kidz Jump Rope 5:30-6:30p Ezra Studio 1	Kidz Boot Camp 5:30-6:30p Seán Gym Side A	Kidz Yoga 5:30-6:30p Michelle Studio 1	Kidz Strength 5:30-6:30p Ashley Studio 2		Kidz Boot Camp 9:15-10:15a Seán Gym	

Kidz Supervised Open Activities

- *Kids classes are for ages 6-13 years only. Descriptions for classes can be found online
- *Kids who wish to participate in classes will be escorted from the Kidz room to class by a staff member
- *Classes may be held outside (weather permitting) so please dress appropriately

**Kidz Supervised Swim with a lifeguard takes place on:*

**Fridays from 5-7pm*

**Sundays from 9-11:30a*

Monday	
Sports Performance Techniques with Seán	
4:30-8p	Kids will participate in drills including speed, agility, and other sports performance techniques!
Wednesday	
Kidz Open Rock Wall with Seán	
4:30-8p	Kids will climb the rock wall and learn climbing techniques. Open gym/outdoor activities will also be available to keep them moving and having fun!

Tuesday/Thursday	
Sports Games with Kenzie	
4:30-8p Tues. 4:30-6pm Thurs.	Kids will participate in sports oriented activities and games including dodgeball, baseball, basketball and more!
Thursday	
Kidz Swimming Games with Kenzie	
6-8p	Bring your bathing suit and join in swimming activities and games such as water basketball and volleyball!

- *Kids supervised times are for ages 6-13 years only.
- *Kids who wish to participate in scheduled activities will be escorted from the Kidz room to class by a staff member
- *Activities may be held outside (weather permitting) so please dress appropriately
- *Supervised times are held during the specified hours and are subject to change based on facility needs

Kidz in Motion Room Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9a-12p	9a-12p	9a-12p	9a-12p	9a-12p	9a-12p	9:30a-12p
4-8p	4-8p	4-8p	4-8p	4-7p		

*Kidz in Motion morning gym/outdoor activities take place between 9:30-11:30a

* Kidz in Motion evening gym/outdoor activities take place between 4:30-6:30p

- *Kidz in Motion child watch room is open for ages 6 month to 13 years old
- *Activities for kids may be held during designated times above depending on facility needs, availability of space, and staffing
- *Activities during designated times may be held outside (weather permitting) so please dress appropriately

