

Fall/Winter Children's Program Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	<b>8:45-9:30</b> <b>Swim Club</b> Candice (Homeschoolers)				
	<b>10:15-11am</b> <b>Tiny Tot Gym</b> 18mo-2yrs Debbie				<b>9:30-11:45</b> <b>Swim Team</b> (Oct. Only) Kim
<b>3:34-5:30</b> <b>Swim Club</b> Oct/Nov Candice	<b>3:34-5:30</b> <b>Swim Club</b> Oct/Nov Candice	<b>3:34-5:30</b> <b>Swim Club</b> Oct/Nov Candice	<b>4:15-6:30pm</b> <b>Swim Team</b> (October Only) Kim		
	<b>4:15-5:00</b> <b>Groovy Kids</b> Dance 8-12yrs Mandy	<b>3:45-4:15pm</b> <b>Cardio Kids</b> 3-4yrs Lisa  <b>4:15-5:00pm</b> <b>CardioTumblers</b> 5-8yrs Lisa	<b>4:00-4:45pm</b> <b>Kids Circuit</b> Ages 4-12yrs Kevin		

**Costs:** -Punch Card-\$40.00 for 10 punches (1 punch per class per child) or \$5.00 Drop-in. Swim Lesson prices are different and children must be signed up ahead of time.

-Gold Card Membership-All classes included.

***Class Descriptions:***

**Tiny Tot Gym:** 45 min. Parent driven, motor skill development, child socialization

**Cardio Kids/Tumblers:** 45 min. Stretching, basic tumbling skills (cartwheels, handstands, somersaults) bar/beam development skills.

**Kids Circuit:** 45 min. Fun activities for the kids to burn off some extra energy. Running, drills, strength work, agility, etc.

**Groovy Kids Dance** 45min. Fast, fun and creative dancing with creative music.