



Kids Class Schedule Description of Classes

Tumble Tots (18 mo.-3 years old): Preschoolers learn fundamental gymnastics skills in a fun, fast-paced class. These classes focus on basic tumbling skills as well as stretching and other activities. Location – Basketball Court

Sports Unlimited (5+): This class is for kids that are interested in learning several types of sports in a fun, non-competitive environment. The class will offer a different sport each day of the week. The sports include volleyball, hockey, dodgeball, badminton, kick ball, and others. Location – Basketball Court

Basketball League (K-8th) – FEE BASED CLASS: Our very own coach will lead players in basketball drills such as ball handling, shooting, passing and defense. Players will have one practice on the weekdays and one game on Friday. Location – Basketball Court

Gymnastics I (4-7 years) & Gymnastics II (8+): Perfect for children that have never taken a gymnastics class before! This class is designed to teach fundamental gymnastics skills and terminology in a fun environment. We will also work on basic conditioning and get our bodies moving through tumbling skills.

Kid's Dance (5+): Dance and movement teaches kids to dance through games and music! This class can help children express themselves and release energy while moving and having fun!

Kids Cardio/HITT (6+): This class is based on strength and conditioning, and sometimes uses timed intervals. We incorporate dumbbells, kettlebells, resistance bands and lots of conditioning! This class is a great, healthy way to get your kids moving their body, working on coordination and to teach them about health and fitness at an early age.

Fit & Fun (5+): A class combining games and fitness for an engaging and fun experience! Cardio principles and sport-influenced, these components create a fun workout for the kids.

Move & Groove Games (4-7 years): A class incorporating classic recreational and fitness-inspired games to have fun and build community.