



Kids Class Descriptions

Basketball League (K-8th) – FEE BASED CLASS: Our very own Coach Jackie, 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

Craft Club (4+): If your child is looking for something to do but not wanting to engage in active movement, craft club is the place for them. Each day will be a new craft and children may check in at any time during the club. For more extensive crafts, a fee may be required. Location – Kids Club

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 the fundamental gymnastics skills and terminology in a fun environment. We will also work on basic conditioning and get our bodies moving through tumbling skills. Location – Mind/Body Studio

Kids Cardio (8+): Kids Cardio is not only for kids wanting to prep and condition for their upcoming sport, but also for kids who want a fun challenge. Our instructors will challenge kids with obstacle courses, running, basic fundamental movements and other fun activities. Location – Mind/Body Studio

Kids HIIT (8+): This class is based on strength and conditioning, 30 second 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. Location – Mind/Body Studio

Kids Yoga (6+): Introduce your children to the incredible world of Yoga through our Kids Yoga Class. This class features basic yoga movements and begins with slow, progressive postures to help children learn at their own pace. Each child has their own mat and space. Location – Mind/Body Studio

Movement Dance (6+): 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! Location – Mind/Body Studio

Movin' Toddlers (2-3 years old): This is a music and movement class helping the kids with balance and coordination. We do circle time to dance, sing, and have fun but to also practice taking direction and listening to instruction. Location – Mind/Body Studio

S.T.E.A.M. & Fun! (6+): STEAM and Fun is a class that combines science, technology, engineering, the arts, and math to guide children to inquiry, discussion, and problem-solving fun! Location – Kids Club

Sports Unlimited (6+): This class is for kids that are interested in learning different 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

Tumble Tots (2-3 years old): Preschoolers learn fundamental gymnastics skills in a fun, fast-paced class. These classes focus on basic tumbling skills as well stretching and other activities. Location – Basketball Court