


Kids Club

FALL SCHEDULE STARTS 9/6/22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:45 Basketball** 9 years & up	BASE** = Basic Athletic Skills Education 5:00-5:45 BASE 9 years & up Jr.BASE 6-8 years	5:00-5:45 Sports Fun** 9 years & up	5:00-5:45 Lyrical & Ballet 6-9 years	5:00-6:00 BINGO/Games 5 years & up	***SLAMMING SATURDAY for ages 5-12 *Drop off <u>9:45-10:15am</u> ; Pick up 1:30pm *Must be registered by Friday of each week *Must bring lunch or \$4 for pizza, water, & snack *Optional swimming *Bring water! *Wear sneakers!**
5:00-5:45 Tumbling 6-8 years		5:00-5:45 Tumbling 6-8 years	5:45-7:15 BINGO/Games 5 years & up	6:00-7:00 Arts & Crafts 5 years & up	
5:00-5:45 Tap/Ballet/Jazz 3-5 years	5:00-5:45 Tap 9 years & up	5:00-5:45 Intro to Art 3-5 years	5:45-6:30 Jr Athletics**/ Playground Fun 3-5 years	6:00-7:00 Kids Fun Swim 5 years & up 24 CHILDREN MAX	
5:00-7:15 Arts & Crafts 5 years & up	5:00-5:45 Acro Dance 3-5 years	BASE** = Basic Athletic Skills Education 5:45-6:30 BASE 9 years & up Jr.BASE 6-8 years	5:45-6:30 Zumba 6-8 years	 Please be sure to sign up for all classes each week	
BASE** = Basic Athletic Skills Education 5:45-6:30 BASE 9 years & up Jr.BASE 6-8 years	5:45-7:15 BINGO/Games 5 years & up		5:45-6:30 Lyrical & Ballet 10 years & up		
5:45-6:30 Tumble Tots 3-5 years	5:45-6:30 Jr. Athletics**/ Playground Fun 3-5 years	5:45-6:30 Boys Hip Hop 6 & up	6:30-7:15 Zumba Jr 3-5 years		
5:45-6:30 Tap 9 years & up	5:45-6:30 Acro Dance 9 years & up	5:45-6:30 Tumble Tots 3-5 years	6:30-7:15 Jazz Workshop 9 years & up		
6:30-7:15 Jr Athletics**/ Playground Fun 3-5 years	6:30-7:15 Acro Dance 6-8 years	5:45-7:15 Arts & Crafts 5 years & up	6:30-7:15 Game Room 8 years & up		
6:30-7:15 Tumbling 9 years & up	6:30-7:15 Game Room 8 years & up	6:30-7:15 Hip Hop 6-8 years	7:15-9:00 Ladies Dance Workshop 18 years & up		
6:30-7:15 Tap 6-8 years	6:30-7:15 Contemporary Dance 9 years & up	6:30-7:15 Build with Me... Legos & More! 5-8 years	7:15-8:00 Zumba 9 years & up		
	7:15-8:15 Advanced Ballet/ Pointe/Jazz 13 years & up	6:30-7:15 Game Room 8 years & up	7:00-7:45 Kids Fun Swim 5 years & up 24 CHILDREN MAX		
Info: Danielle O'Driscoll 215-671-9969 ext...141		6:30-7:15 Tumbling 9 years & up		REMINDERS... 1. Register by using weekly sign-up sheets - 1 per child; per week. 2. Children can only attend classes in their age group... strictly enforced. 3. **Children MUST wear SNEAKERS for BASE/Jr.BASE/Jr.Athletics/ Sports Fun/Basketball/Slamming Saturday 4. All children under 13 yrs must be in a class, in Kids Club Care, or with an adult 18+ at ALL TIMES. 5. Parents are to walk children to their first class location and stay with them until Staff arrives. 6. Children under 5 cannot participate in Fun Swim or Slamming Saturday.	
		7:15-8:00 Hip Hop 9 years & up			



Karate ages 5 & up		
7:15-7:45	7:15-7:45	7:15-7:45
beginner	beginner	beginner
7:45-8:30 *advanced	7:45-8:15 beginner	7:45-8:15 **intermediate
*advanced = green belt or higher	8:15-8:45 **intermediate	8:15-8:45 **intermediate
	**intermediate = yellow belt or higher	

...beginner
classes are for
white, yellow,
and orange belts

KIDS CLUB CARE - AN AREA FOR THE SUPERVISION OF THOSE ON A KIDS CLUB OR FAMILY MEMBERSHIP (ages 2 & up; up to 1 hour)					
MONDAY 5:00-7:30PM	TUESDAY 5:00-7:30PM	WEDNESDAY 5:00-8:00PM	THURSDAY 5:00-8:00PM	CLOSED	CLOSED

CLASS DESCRIPTIONS – age groups are strictly enforced

Tumble Tots/Tumbling – An active class where children will explore movement through stretching, basic tumbling, and other activities. Tumble Tots is for our youngest participants ages 3-5 and incorporates music and games into the class. Tumbling for those 6-8 and 9 & up is a fun class designed to improve your child's flexibility and balance as well as to teach them the foundations of tumbling.

Dance – Learn basic dance steps and combinations in many different genres: Tap, Ballet, Jazz, Lyrical, Hip Hop, and Contemporary. Most classes perform in our annual recital (optional.) For Advanced Ballet/Pointe, dancers must be experienced and will progress to pointe shoes at the teacher's discretion.

Art & Crafts – Children learn the fun of being creative while working on a variety of activities involving making things with their own hands. Projects usually run about 30 minutes then children are moved on to another activity. **Intro to Art** will cover basic Art concepts and mediums with children 3-5 years. **(It is not advised to send any child to Art for longer than 45 minutes.)**

Acro Dance – This class combines classical dance technique with acrobatic elements. Children will learn to incorporate acrobatics into unique dance choreography.

BASE/Jr. BASE/Basketball – Fun with sports, games, and exercise. BASE (ages 9 & up)/Jr. BASE (ages 6-8) = Basic Athletic Skills Education...are classes where children engage in organized, safe sports activities led by our Staff. **Sneakers and water please!**

Sports Fun – An athletic class to get our older Kids Club members moving! Activities include stretches/exercises, running/relays, and non-competitive sports. **Sneakers and water please!**

Jr. Athletics/Playground Fun – Our young members will play and learn a variety of sports and playground activities. Outdoor playground is only used when weather is clear and 65-84 degrees, during daylight hours, and when equipment is dry. **Sneakers and water please!**

Karate – Children learn the art of Japanese Shotokan. Instructor will determine the skill level of each student. Proper attire is required for belt progression. See Instructor for details.

Zumba – Come try this exciting class which combines dance and fitness!

Bingo/Games – Participants will enjoy fun games led by instructors as well as board and card games in small groups.

Slamming Saturday – A drop-off mini-camp for children 5-12 years old. Slamming Saturdays are held 10am-1:30pm and include sports, games, art and other activities in small groups. Held seasonally September-June each year. Bring a lunch or \$4 for pizza, water, & snack. Participants will have the option to swim so pack accordingly. Please bring a water bottle. **Sneakers please!**

Kids Fun Swim - Kids Club members ages 5 and older can swim under the supervision of pool staff Thursdays 7:00-7:45pm and Fridays 6:00-7:00pm. THIS IS NOT INSTRUCTIONAL SWIMMING. Participants must be dropped off to Staff at pool doors in a bathing suit with their towel. Children must be picked up promptly by an adult 18+ at the pool doors at the conclusion of the class. **Staff is not responsible for changing children in or out of swim attire. (These fill up quickly – advanced weekly registration is required.)**

Game Room – Children ages 8 and older can enjoy playing games under Staff supervision. With video games, Pool, Air Hockey, and board games...no child will be left out of the fun! Wi-Fi available.

Build with me...Legos & more! – A creative class for those who love to build! Children will be supervised as they experiment with Legos and other building toys.

Kids Club Care – An area of supervision for children **on a Kids Club or Family membership only**. Ages 2 & up; 1 hour time limit. Please see separate sheet or signs for full list of rules.