



YOUTH ACTIVITIES

SUMMER SCHEDULE STARTS 5-1-23 TO 8-31-23

| 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 | 5:45-7:15 BINGO/Games 5 years & up | 5:00-6:00 BINGO/Games 5 years & up | ***SLAMMING SATURDAY... LAST ONE BEFORE THE SUMMER BREAK IS 6/10/23 for ages 5-12 *Drop off 9:45-10:15am; 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! (No Sl. Sat. 6/17, 6/24, July, August, 9/2...will resume 9/9/23) |
| 5:00-5:45 Tumbling 6-8 years | | 5:00-5:45 Tumbling 6-8 years | 5:45-6:30 Jr Athletics**/ Playground Fun 3-5 years | 6:00-7:00 Arts & Crafts 5 years & up | |
| 5:00-7:15 Arts & Crafts 5 years & up | 5:00-5:45 Acro Dance 3-5 years | 5:00-5:45 Intro to Art 3-5 years | 6:00-7:00 Kids Fun Swim 5 years & up 24 CHILDREN MAX | | |
| 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 | 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 | | |
| 5:45-6:30 Tumble Tots 3-5 years | 5:45-6:30 Jr. Athletics**/ Playground Fun 3-5 years | 5:45-6:30 Tumble Tots 3-5 years | 6:30-7:15 Zumba Jr 3-5 years | | |
| 6:30-7:15 Jr Athletics**/ Playground Fun 3-5 years | 5:45-6:30 Acro Dance 9 years & up | 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 Acro Dance 6-8 years | 6:30-7:15 Build with Me... Legos & More! 5-8 years | 7:15-8:00 Zumba 9 years & up | | |
| | 6:30-7:15 Game Room 8 years & up | 6:30-7:15 Tumbling 9 years & up | 7:00-7:45 Kids Fun Swim 5 years & up 24 CHILDREN MAX | | |
| | | 6:30-7:15 Game Room 8 years & up | | | |
| | | 6:30-7:15 Tumbling 9 years & up | | | |

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REMINDERS...

1. MUST 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. Please bring water ONLY - no food or other drinks.

...beginner classes are for white, yellow, and orange belts
**intermediate = yellow belt or higher

*advanced = green belt or higher

| Karate ages 5 & up | | | |
|------------------------|-----------------------------|-----------------------------|-----------------------------|
| 7:15-7:45 beginner | 7:15-7:45 beginner | 7:15-7:45 beginner | 7:15-7:45 beginner |
| 7:45-8:30 *advanced | 7:45-8:15 beginner | 7:45-8:15 **intermediate | 7:45-8:15 **intermediate |
| | 8:15-8:45 **intermediate | 8:15-8:45 **intermediate | |

| KIDS CLUB CARE - AN AREA FOR THE SUPERVISION OF THOSE ON A KIDS CLUB OR FAMILY MEMBERSHIP (ages 2-12 years; up to 2 hours) | | | | | |
|--|------------------------|--------------------------|-------------------------|--------|--------|
| MONDAY 5:00-7:30PM | TUESDAY 5:00-7:30PM | WEDNESDAY 5:00-8:00PM | THURSDAY 5:45-8:00PM | CLOSED | CLOSED |



NORTHEAST RACQUET & FITNESS CENTER