

### **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.

**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.)**

**BASE/Jr. BASE/Basketball/Volleyball & more** – 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. **Wear sneakers and bring water please!**

**Sports Fun/Sports & Games** – An athletic class to get our older Kids Club members moving! Activities include stretches/exercises, running/relays, and non-competitive sports. **Wear sneakers and bring 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. **Wear sneakers and bring 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.

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

**Kids Gym Games** – Participants will enjoy fun games led by instructors such as obstacle courses, 4 corners, Floor is Lava, and much more for children 5-7 years old.

**Games** – Participants will enjoy fun games led by instructors as well as board and card games in small groups for children 3-5yrs old.

**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 – last one for the summer is June 7, 2025...no 6/14, 6/21, 6/28, July, August...will resume 9/6/25. Bring a lunch or \$5 for pizza, water, & snack. Participants will have the option to swim so pack accordingly. **Wear sneakers and bring water please!**

**Kids Fun Swim** - Kids Club members ages 5 and older can swim under the supervision of pool staff Thursdays 7:45-8:30pm 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, and board games...no child will be left out of the fun! Wi-Fi is available.

**Lego Time/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 2-12 years; 2 hour time limit. Please see separate sheet or signs for full list of rules.

**RETURNING FALL 2025...Dance** – Learn basic dance steps and combinations in many different genres: Tap, Ballet, Jazz, Lyrical, Hip Hop, Rhythmic Dance, Acrodance, Zumba, and Contemporary. Full Dance program with recital is included in the Kids Club Fall schedule September-May each season.