

# Sport Fit Children's Fitness Schedule

Effective December 12 ,2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30-10:00 2-4 Years <b>Toddler Ball</b> <b>Outside or</b> <b>indoors class</b> <b>(Beatriz)</b>
					10:15-10:45 5-8 Years <b>Kids in Motion</b> <b>Outside or</b> <b>indoors class</b> <b>(Beatriz)</b>
					11:00-11:45 9-12 Years <b>It's All Sports</b> <b>Outside or</b> <b>indoors class</b> <b>(Beatriz)</b>
5:00-5:30 2-4 Years <b>Kids on the</b> <b>move</b> <b>Outside or</b> <b>indoors class</b> <b>(Heather)</b>	5:00-5:30 2-4 Years <b>Toddler Ball</b> <b>Outside or</b> <b>indoor class</b> <b>(Rikka)</b>	5:00-5:30 2-4 Years <b>Kids on the</b> <b>move</b> <b>Outside or</b> <b>indoors class</b> <b>(Heather)</b>	5:00-5:30 2-4 Years <b>Toddler Ball</b> <b>Outside or</b> <b>indoors class</b> <b>(Rikka)</b>		
5:35-6:05 5-7 Years <b>Fun in Motion</b> <b>Outside or</b> <b>indoors class</b> <b>(Heather)</b>	5:35-6:05 5-7 Years <b>Kids in</b> <b>Motion</b> <b>Outside or</b> <b>indoor class</b> <b>(Rikka)</b>	5:35-6:05 5-7 Years <b>Fun in Motion</b> <b>Outside or</b> <b>indoors class</b> <b>(Heather)</b>	5:35-6:05 5-7 Years <b>Kids in Motion</b> <b>Outside or</b> <b>indoors class</b> <b>(Rikka)</b>		

6:10-6:55 8-12 Years <b>Childs play Outside or indoors class (Heather)</b>	6:10-6:55 8-12 Years <b>It's All Sports Outside or indoor class (Rikka)</b>	6:10-6:55 8-12 Years <b>Childs play Outside or indoors class (Heather)</b>	6:10-6:55 8-12 Years <b>It's All Sports Outside or indoors class (Rikka)</b>		
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## Sport Fit Children's Fitness Schedule

### Class Descriptions

**Toddler Ball:** Toddlers will learn how to play in a group setting and work on social development through small ball games and activities. This class is a perfect way for children to learn skills such as coordination, balance, catching, throwing and much more.

**Obstacle Fun:** Your child will love various obstacle courses to promote agility, stamina, and overall fitness.

**It's All Sports:** Children will master important physical skills they gain balance coordination, and muscle control. Your child will use lots of physical and mental energy learning to throw, jump, kick, run, and more!

**Fun in Motion:** Aerobic exercise to increase children's endurance, stamina, and strength. Having fun while being physically active.

**Sports Fitness:** Children will master important physical skills they gain balance coordination, and muscle control. Your child will use lots of physical and mental energy learning to throw, jump, kick, run, and more!

**Mighty Movement:** This class will incorporate fine motor skills into fun games and activities!

**Kids in Motion:** Children will participate in various games that will prove teamwork, body awareness, and strengthen cardio.

**Flex N' Fit:** Cardio and strength exercises will be incorporated into game play!

**Yoga:** Yoga is an activity that includes breathing techniques, yoga poses and mindfulness. Mindfulness is the practice of focusing your attention on the present moment. In yoga, participants often use breathing and yoga poses to help the mind calm. Yoga has the ability to help kids *and* adults be more active, flexible and mindful for an increase on overall well-being!

**T-Ball Fun:** Utilizing fun games and activities, kids will develop their skills in hitting, throwing, and base running.

**Boot Camp:** This class combines cardio and strength training in while offering your child positive motivational support. Activities include Military style circuits, strength and flexibility stations using their own body weight, obstacle courses, ball games, jump ropes, and more. They will receive the benefits of real body conditioning and learn different type's exercise and fitness in a fun, non-competitive

and a non-intimidating environment.

**Kids on the Move:** Children truly are born to move. During this time, we will build body awareness, confidence, balance, and mostly fun through play and learning environment. All the while reinforcing things your child is already learning (opposites, colors, emotions, characters and much more).

**F.I.T for kids:** Frequent intense training incorporating various stations, cardio moves, games and anaerobic exercises to get kids moving and fit.

**Child's Play:** Children will participate in various games that will prove teamwork, body awareness, and strengthen cardio.