**Sport Fit Children’s Fitness Schedule**

**Effective February 26, 2024**

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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday  |
|  |  |  |  |  | 9:30-9:502-4 Years**Toddler Ball** **Outside or indoors class** **(Beatriz)** |
|  |  |  |  |  | 9:55-10:255-8 Years**Kids in Motion****Outside or indoors class****(Beatriz)** |
|  |  |  |  |  | 10:30-11:059-12 Years**It’s All Sports** **Outside or indoors class****(Beatriz)** |
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| 5:00-5:202-4 Years**Born to move****Outside or indoors class****(Sarah)** | 5:00-5:202-4 Years**Tot’s in motion****Outside or indoor class****(Sherita)** | 5:00-5:202-4 Years**Born to move****Outside or indoors class****(Sarah)** | 5:00-5:202-4 Years**Tot’s in Motion****Outside or indoors class****(Sherita)** |  |  |
| 5:25-5:555-7 Years**All about****sports** **Outside or indoors class****(Sarah)** | 5:25-5:555-7 Years**Active Explorers****Outside or indoor class****(Sherita)** | 5:25-5:55 5-7 Years**All about sports****Outside or indoors class****(Sarah)** | 5:25-5:555-7 Years**Active Explorers****Outside or indoors class****(Sherita)** |  |  |
| 6:00-6:358-12 Years**Fit for life.****Outside or indoors class****(Sarah)** | 6:00-6:358-12 Years**Power Fit** **Outside or indoor class****(Sherita)** | 6:00-6:358-12 Years**Fit for life.****Outside or indoors class****(Sarah)** | 6:00-6:358-12 Years**Power Fit****Outside or indoors class****(Sherita)** |  |  |

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Class Descriptions

**Toddler Ball:** Toddlers will learn 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 coordination, balance, catching, throwing, and much more.

**Fun in Motion:** Aerobic exercise to increase children’s endurance, stamina, and strength. They are having fun while being physically active.

**Sports Fitness:** Children will master important physical skills as 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!

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

**Tot’s in motion:**  The class emphasizes the importance of movement, balance, and coordination through fun-filled exercises that promote strength, flexibility, and agility. Through music, colorful props, and engaging challenges, children are encouraged to explore their abilities while boosting their confidence and social skills in a supportive group setting.

**Active Explorers:** An exciting fitness class designed to ignite the adventurous spirit and energy of 5 to 7-year-olds! This engaging and dynamic class is crafted to inspire a love for movement, exercise, and discovery of sports. Our goal is to encourage physical activity while fostering teamwork, coordination, and confidence.

**Power Fit:** Aimed at introducing kids 8-12 to various sports while emphasizing fitness, skill development, and teamwork. In this class, children will learn warm-up and stretching, introduction to sports, skill development, mini games/scrimmages, fitness components specific to sports, and cool down and reflection. This class intends to instill a lifelong passion for sports while promoting physical fitness and an appreciation for teamwork and discipline in a supportive and enjoyable environment.

**Born to move:** The toddler years are a crucial time for cognitive and motor skill development. These classes reinforce what your child is learning, like opposites, colors, emotions, characters, etc. Children build body awareness and balance as they practice following simple instructions. They will gain confidence but most importantly, they will have fun.

**All About Sports:** Kids this age were born to move. During this time, we will reinforce coordination, balance, and motor skills. While exposing your child to multiple sports they will learn to appreciate their various abilities. Our mission is to train and educate your child so they can reach their full potential and become unstoppable.

**Fit 4 Life:** Kids this age needs physical activity to build strength, coordination, and confidence to lay the groundwork for a healthy lifestyle. During this time, we will work to understand what it entails to maintain a healthy life. Kids will be exposed to various exercise equipment while learning respect for the gym overall.