



Youth Schedule (Ages 0-5)
January 9th - March 26th 2023
Registration is required

0-5 Years 3-5 Years 3-5 Years * Parent-Assisted

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM						<div>GYMNASTICS ROLLERS AND JUMPERS*</div> <div>9:30AM-10:00AM</div> <div>DANCE MUSIC AND MOVEMENT*</div> <div>10:05AM-10:35AM</div> <div>MULTIPLE TIME SLOTS AVAILABLE, SEE DESCRIPTIONS FOR DETAILS</div>
10AM						<div>SOCCER</div> <div>10:00 AM-10:30 AM</div>
11AM						
5PM		<div>CREATE AND BUILD</div> <div>5:15-5:45PM</div>	<div>ARTS AND CRAFTS</div> <div>5:15-5:45PM</div>	<div>SILLY SCIENTISTS</div> <div>5:15-5:45PM</div>		
6PM						

Child Minding (6 Weeks - 5 years)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	9:00AM-12:00PM	9:00AM-12:00PM	9:00AM-12:00PM	9:00AM-12:00PM	9:00AM-12:00PM	9:00AM-12:00PM
AFTERNOON	4:30PM-7:30PM	4:30PM-7:30PM	4:30PM-7:30PM	4:30PM-7:30PM		

Schedules are subject to change.



Youth Schedule (Ages 6+)
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- 6+ Years

6-8 Years

6-12 Years
- 8+ Years

9-12 Years

13+ Years

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY
9AM						GYMNASTICS 9:30AM-1:15PM MULTIPLE TIME SLOTS AVAILABLE, SEE DESCRIPTIONS FOR DETAILS	DANCE 10:40AM-12:00PM MULTIPLE TIME SLOTS AVAILABLE, SEE DESCRIPTIONS FOR DETAILS	
10AM						ADVENTURES IN COOKING 9:30AM-2:00PM MULTIPLE TIME SLOTS AVAILABLE, SEE DESCRIPTIONS FOR DETAILS	SOCCER 10:35 AM-12:25 PM MULTIPLE TIME SLOTS AVAILABLE, SEE FOR DETAILS DESCRIPTIONS	FAMILY STYLE ALL SORTS OF SPORTS 10:00AM—12:00PM
1PM							CURTAIN CALL 12:00PM-1:30PM	
5PM		CREATE AND BUILD 5:50PM-7:40PM MULTIPLE TIME SLOTS AVAILABLE, SEE DESCRIPTIONS FOR DETAILS BASKETBALL 5:15PM-7:05PM MULTIPLE TIME SLOTS AVAILABLE, SEE DESCRIPTIONS FOR DETAILS	SILLY SCIENTISTS 5:50PM-7:40PM MULTIPLE TIME SLOTS AVAILABLE, SEE DESCRIPTIONS FOR DETAILS VISUAL ARTS 5:50PM-7:40PM MULTIPLE TIME SLOTS AVAILABLE, SEE DESCRIPTIONS FOR DETAILS					
6PM	JUDO (YELLOW BELTS) 6:30PM –7:30PM	VOLLEYBALL 7:15PM-8:15PM	JUDO (YELLOW BELTS) 6:30-7:30PM	3V3 DROP IN BASKETBALL 7:00PM-10:00PM	FIVE DOLLAR FRIDAYS 5:00-10:00 PM			
7PM								
8PM								



Youth Schedule (Ages 0-13+)
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Adventures In Cooking (8-12 years) Saturdays 9:30am-11:30am, 12:00pm-2:00pm Member: \$90.00 Non-Member: \$220.00

An introductory cooking class teaching healthy nutrition, safe food handling, and use of basic recipes. Each week, the children will learn the entire cooking process of a snack, main meal and dessert. Then, they get to enjoy their final product. Participants will be provided with a cookbook of all the recipes from the session!

Arts and Crafts (3-5 years) Wednesdays 5:15pm-5:45pm Member: \$50.00 Non-Member: \$200.00

Come spark your imagination and creativity through Arts & Crafts. Build beauty with various mediums and materials. You will have a masterpiece to take home with you after the program.

Basketball (6-12 years) Tuesdays 5:15pm-6:00pm, 6:05pm-7:05pm Member: \$26.00 Non-Member: \$104.00

Join us in Basketball to learn the skills necessary to crush it on the court! Participants will be introduced to dribbling, shooting, passing, new drills and game play.

Child Minding (0 Months – 5years) Monday-Saturday 9:00am-12:00pm / Monday-Thursday 4:30pm-7:30pm Members Only: \$0.00

The Child Minding service is fantastic for members with young children! Drop off your kids with our caring staff while you get some alone time to exercise, swim, shower and sauna! Both children and adults must present membership cards at sign in, and the maximum length of stay per child is two hours.

Create and Build (3-12 years) Wednesdays 5:15pm-5:45pm, 5:50pm-6:35pm, 6:40pm-7:40pm Member: \$50.00 Non-Member: \$200.00

Do you like to Create and Build? Then this program is for you! Participants will be constructing, creating, innovating and assembling some cool projects, all while learning the proper use and safety of tools.

Curtain Call (6-12 years) Saturdays 12:30pm-2:00pm Member: \$50.00 Non-Member: \$200.00

Leap into the world of the dramatic! The Curtain Call program introduces kids 6-12 to improv, script work, and movement. Paired with games to build skill, participants will finish their session with a final performance!

Dance (3-8 years) Saturdays 9:30am-12:00pm Member: \$26.00 Non-Member: \$104.00

Participants will learn a variety of different techniques with a focus on fostering a love of dance and movement. Participants spend time on different disciplines, allowing them to expand their skills. With an end of session performance, participants will build confidence and learn choreography. Dance is a great way to get your child moving and creating!



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Family Style All Sorts of Sports Drop-In (All ages) Saturdays 10:00am-12:00pm Member: \$0.00 Non-Member: \$15.00 / session

A fun, physically active program for the whole family! Join us every week to learn the necessary skills for a sport, and then engage in game play versus other families!

Gymnastics (0-12 years) Saturdays 9:30am-1:15pm Member: \$50.00 Non-Member: \$200.00

One of the best all-around activities to develop bodily awareness, strength and coordination! Gymnastics has all kinds of progressions to keep you coming back year after year on bars, floor, beams and vault.

Advanced: One of the best all-around activities to develop bodily awareness, strength and coordination! Gymnasts must have at least 1 full year of gymnastics experience. Gymnasts must be able to do a front roll, handstand and cartwheel unassisted.

Judo (6-13+ years) Monday, Wednesday & Thursdays Member: \$26.00 Non-Member: \$104.00

Judo is a self-defense based martial art that looks at taking advantage of an opponent's movement to immobilize them by use of a throw or pin. Students in judo learn skills to increase their balance, coordination, and overall health while learning respect, friendship, and most of all, having fun! Judo can be done by everyone, regardless of their age and athletic abilities.

Music and Movement (0-3 years) Saturdays 10:05am-10:35am Member: \$26.00 Non-Member: \$104.00

A program for toddlers to play instruments and move to music. Enjoy a morning of singing and dancing.

Silly Scientist (3-12 years) Thursdays 5:15pm-5:45pm, 5:50pm-6:35pm, 6:40pm-7:40pm Member: \$50.00 Non-Member: \$200.00

Our Silly Scientists will be introduced to all types of science! Learn the methods behind it, then try the experiments for themselves!

Soccer (3-12 years) Saturdays 10:00am-10:30am, 10:35am-11:20am, 11:25am-12:15pm Member: \$26.00 Non-Member: \$104.00

Calling all Soccer fans! Through this program you will build confidence and improve soccer skills through drills and game play.



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Visual Arts (6-12 years) 5:50pm-6:35pm, 6:40pm-7:40pm Member: \$50.00 Non-Member: \$200.00

Participants will enjoy creating, using a variety of art forms including painting, drawing, sculpting and designing. Participants will use their imagination and tap into their innovation, while learning the elements of art such as line, shape, form, space, texture, value and color.

Volleyball (9-12 years) 7:15pm-8:15pm Member: \$26.00 Non-Member: \$104.00

Learn to play volleyball with us! Participants will be introduced to passing, setting, serving and hitting. Skills, drills and game play at every practice!

3v3 Basketball League (13+ years) 7:00pm-10:00pm Member + Non-Member: \$6.00 / session

A drop in 3v3 Basketball league. Come on in with your friends and play versus other teams. Referees provided.