

Activities for Children/Youth

Starting 8/2/10

TIME	CLASS	Age	MEETING PLACE
MONDAY			
9:15 -10:00am	Active Tikes	3-5	Kidzone
TUESDAY			
9:15-10:00am	Active Tikes	3-5	Kidzone
6:30 – 7:30 pm	Open Gym	6-8	Multi-purpose Room (unsupervised)
6:35 – 7:20 pm	Youth Circuit	9-11	Circuit Studio
WEDNESDAY			
9:15-10:00am	Active Tikes	3-5	Kidzone
5:30 - 6:15 pm	Youth Circuit	9-11	Circuit Studio
5:30 - 6:30 pm	Open Gym	6-8	Multi-purpose Room (unsupervised)
THURSDAY			
9:15-10:00am	Active Tikes	3-5	Kidzone
6:30 – 7:30 pm	Open Gym	6-8	Multi-purpose Room (unsupervised)
6:35 – 7:20 pm	Youth Circuit	9-11	Circuit Studio
FRIDAY			
9:15 -10:00am	Active Tikes	3-5	Kidzone
6:15-7:00pm	Youth Circuit	9-11	Circuit Studio

For more information about these classes please contact Becky at 323-6955 or email her at berentsb@sanfordhealth.org

(For class descriptions see backside)

Activities for Children/Youth

Active Tikes

A 45-minute class for **ages 3-5** that will help your child learn to love exercise at an early age and promote a healthier lifestyle. This high energy exercise class is tons of fun as children get to participate in different activities each week. Some activities include tag games, ball games, hula hoops and parachutes!

Youth Circuit

A 45-minute youth circuit class for **ages 9-11** designed to incorporate strength training and cardio through an interval style workout.

Open Gym (Unsupervised)

Open Gym is a time for 6-8 year olds to play in an area they can call their own. There is basketball, scoops, jump rope, and many other fun apparatuses for the kids to play with. Parents are welcome to drop their children off at the designated time and place and then pick them up when the time is over. However, children are free to come and go as they please. Kidzone staff is nearby for help if needed.

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