

KINGSBURY CLUB

Helping families lead an active, healthy lifestyle



Effective September 15, 2011

YOUTH FITNESS					
	Mon	Tues	Wed	Thurs	Fri
4:30pm		Fun Fit Kids Haley - ages 6-12 ⓑ	Kids Bootcamp Haley - ages 6-12 ⓑ		
5:00pm	Family Zumba Lourdes - ages 5-12 Ⓐ				

CHILD SERVICES					
	Mon	Tues	Wed	Thurs	Fri
9:15am	Exersitting all ages © Linda		Exersitting all ages © Linda		Exersitting all ages © Darragh
10:15am	Creative Movement all ages © Carolyn	Tall Tales, Stories, Songs all ages © Darragh	Creative Movement all ages © Carolyn	Tall Tales, Stories, Songs all ages © Darragh	Creative Kids all ages © Linda
11:15am				Castle Builders ages 4+ © Carolyn	
11:30am		Castle Builders ages 4+ © Carolyn	Kids Games all ages © Lori		
12:00pm	Kids Games all ages (30) © Darragh	Kid Yoga all ages (30) © Janet		Kid Yoga/Creative Movement all ages (30) © Janet	Tall Tales, Stories, Songs all ages (30) © Lori
12:30pm	Kid Yoga all ages (30) © Janet	Kids Games all ages (30) © Janet	Kid Yoga all ages (30) © Janet	Kids Games all ages (30) © Janet	Castle Builders ages 4+ (30) © Lori
3:30pm	Exersitting all ages © Linda	Exersitting all ages © Linda	Exersitting all ages © Linda	Exersitting all ages © Linda	
4:00pm			Kids Crafts all ages © Linda		
4:30pm	Castle Builders ages 4+ © Linda	Castle Builders ages 4+ © Linda			
5:00pm			Castle Builders ages 4+ © Linda	Creative Kids all ages © Linda	<div style="border: 1px solid black; padding: 5px;"> <p>Ⓐ = Studio A ⓑ = Studio B © = Childcare () = class length</p> <p>Unless otherwise noted, all classes are 60 minutes</p> </div>
6:00pm	Kids Games all ages © Linda				
6:30pm		Kids Watercolors ages 3+ © Linda			
7:00pm	Exersitting all ages © Linda		Tall Tales, Stories, Songs all ages © Linda	Creative Movement all ages (30) © Linda	

YOUTH FITNESS CLASSES

Class	Memb	Non-Memb	Description
FUN FIT KIDS ages 6-12	Free	\$10	Use your endless energy to the fullest in this program that's designed to make becoming fit just plain fun. Enjoy an exciting mix of age appropriate cardiovascular activities interspersed with a mix of fun indoor and/or outdoor games.
KIDS BOOTCAMP ages 6-12	Free	\$10	Pull, push, run and jump – anything goes in this circuit style class designed to enhance your strength, agility and balance.
FAMILY ZUMBA ages 5-12	Free	\$10	The entire family is invited! This high energy dance class will keep you movin' and groovin' to the rhythm of a Latin beat! This class is easy for everyone to follow and is guaranteed to keep you laughing during this full body workout.

CHILD SERVICES CLASSES

Class	Memb	Non-Memb	Description
CASTLE BUILDERS ages 4+	Free	NA	Have fun building with mega & wood blocks - a fun and creative expression.
CREATIVE KIDS all ages	Free	NA	Children will experiment with paint, crayons, Play Doh. A wide variety of crafty materials will be used to create a fun craft. Please bring a smock or wear appropriate clothing.
CREATIVE MOVEMENT all ages	Free	NA	Incorporate Fitness and Fun with Creative Moves - a great new way of exercising while having fun!
EXERSITTING all ages	Free	NA	Teaching children that exercise is fun! We have combined childcare and play to develop a unique blend that is "exersitting".
KID YOGA all ages	Free	NA	Children will enjoy learning a variety of Yoga poses while having fun enhancing agility & balance.
KIDS CRAFTS all ages	Free	NA	Children create a fun and simple craft to take home!
KIDS GAMES ages 4+	Free	NA	Children play a wide variety of board games and physically interactive games.
KIDS WATERCOLORS ages 3+	Free	NA	A fun and creative way for your children to experiment with paint. Please bring a smock or wear appropriate clothing.
TALL TALES, STORIES & SONGS all ages	Free	NA	A fun filled hour of story telling, songs & puppet play. A fun and creative way to learn and play.