

Sports Kidz - Fall

Ages 5-7

Monday 3:30-4:15

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|-----------------------------|----------------------------|
| Sept. 12 Soccer | Oct. 17 Rockwall |
| Sept. 19 Parachute Games | Oct. 24 Scooter Boards |
| Sept. 26 Dodge Ball | Oct. 31 Halloween Games |
| Oct. 3 Basketball | Nov. 7 Wall Ball |
| Oct. 10 Hoola-hoop Games | Nov. 14 Volleyball |

Ages 8-12

Monday 4:15-5:00

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|-----------------------------|----------------------------|
| Sept. 12 Soccer | Oct. 17 Rockwall |
| Sept. 19 Boot Camp | Oct. 24 Boot Camp |
| Sept. 26 Dodge Ball | Oct. 31 Halloween Games |
| Oct. 3 Basketball | Nov. 7 Wall Ball |
| Oct. 10 Hoola-hoop Games | Nov. 14 Volleyball |

MONDAY Sports Kidz

This is a program to learn specific skills and have a chance to practice through games and drills. Come and join the class and learn a new game and have fun!!

No charge to members.

\$40.00+tax for non-members.

The Fall session is 10 weeks.

Please remember to send children in gym clothing and clean non-marking shoes for all classes.



SPORTS KIDZ

Ages 5-7

Ages 8-12

MONDAY

3:30-4:15

4:15-5:00

Lake Shore
ATHLETIC CLUB

Let's Play - Fall

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|--|---|---|---|--|
| <p>Sept 12 & 14</p>  <p>Back to School</p> | <p>Sept 19 & 21</p>  <p>Harvest Days</p> | <p>Sept 26 & 28</p>  <p>Fall Sports</p> | <p>Oct 3 & 5</p>  <p>Under the Sea</p> | <p>Oct 10 & 12</p>  <p>Blast Off into Space</p> |
| <p>Oct 17 & 19</p>  <p>Fire Safety Week</p> | <p>Oct. 24 & 26</p>  <p>Wild West</p> | <p>Oct. 31</p>  <p>Halloween Party</p> | <p>Nov. 2</p>  <p>Jungle Adventure</p> | |
| <p>Nov 7 & 9</p>  <p>Parachute Games</p> | <p>Nov 14 & 16</p>  <p>Turkey Games</p> | | | |

Let's Play - This is a program for preschoolers. These classes are on Monday and Wednesday mornings. The 2-yr olds meet on Wednesday only. Parents are required to attend with their 2-yr olds. Children participate in activities relevant to the theme for the week. Activities are planned to develop large motor skills, coordination, and attention span while participating in a group. No charge to members. Non-members are \$40.00 +tax.

Gym Kidz

Gym Kidz - Tuesdays. This is a recreational gymnastics program. Children will participate and do routines on the bar, beam and floor. You can sign-up at the Front Desk. There is no charge to members to participate and non-members are charged \$40.00 + Tax a session.

Gym Kidz - A.M. Tuesday's
 Pre-school (4-5) 10:30-11:00
 Pre-school (2-3) 11:00-11:30
 <Parent-tot>

Gym Kidz - P.M. Tuesday's
 Beginning 1 (5-7) 3:45-4:30
 Beginning 2 (8-12) 4:30-5:15

| <u>LET'S PLAY</u> | <u>Mon</u> | <u>Wed</u> |
|-------------------|------------|------------|
| Age 2-3 | | 10:00 |
| Age 4-5 | 10:30 | 10:30 |
| Age 3-4 | 11:00 | 11:00 |

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