

Sports Kidz - Fall

Ages 5-7

Monday 3:30-4:15

Sept. 11 Flag-Football	Oct. 16 Sports Conditioning
Sept. 18 Pound-Fit	Oct. 23 Rockwall
Sept. 25 Basketball	Oct. 30 Volleyball
Oct. 2 Dodgeball	Nov. 6 Soccer
Oct. 9 Wallball	Nov. 13 Badminton

Ages 8-12

Monday 4:15-5:00

Sept. 11 Flag-Football	Oct. 16 Sports Conditioning
Sept. 18 Pound-Fit	Oct. 23 Rockwall
Sept. 25 Basketball	Oct. 30 Volleyball
Oct. 2 Dodgeball	Nov. 6 Soccer
Oct. 9 Wallball	Nov. 13 Badminton

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

<p>Sept 11 & 13</p>  <p>Back to School</p>	<p>Sept 18 & 20</p>  <p>Under the Sea</p>	<p>Sept 25 & 27</p>  <p>Fall Sports</p>	<p>Oct 2 & 4</p>  <p>Harvest Days</p>	<p>Oct 9 & 11</p>  <p>Blast Off into Space</p>
<p>Oct 16 & 18</p>  <p>Fire Safety Week</p>	<p>Oct. 23</p>  <p>Wild West</p>	<p>Oct. 25</p>  <p>Halloween Party</p>	<p>Oct. 30 & Nov. 1</p>  <p>Jungle Adventure</p>	<p>Nov. 6 & 8</p>  <p>Parachute Games</p>
<p>Nov 13 & 15</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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 ATHLETIC CLUB