

Lake Shore ATHLETIC CLUB

FIT KIDZ Fall '24

Let's Play Included with membership / Non-members \$40 (+tax)

This is a program for preschoolers. Let's Play classes take place on Monday and Wednesday mornings. The 2 year olds meet Wednesdays only. Parents are required to attend with their 2 year 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.

Let's Play (Monday & Wednesday)

Age 2-3 (Wed Only) 10:00 - 10:30am

Ages 4-5 10:30 - 11:00am

Ages 3-4 11:00 - 11:30am

Sept 9 & 11	Sept 16 & 18	Sept 23 & 25	Sept 30 & Oct 2	Oct 7 & 9	Oct 14 & 16
Jump into Fall	Blast Off into Space	Fall Sports	Harvest Days	Musical Hula-Hoops	Fire Safety Week
Oct 21 & 23	Oct 28	Oct 30	Nov 4 & 6	Nov 11 & 13	Nov 18 & 20
Wild West	Pumpkin Games	Halloween Party!	Parachute Games	Under the Sea	Turkey Games

Gym Kidz This is a recreational gymnastics program. Children will participate on the bar, beam and floor. Gym Kidz classes take place on Tuesday morning and afternoon (based on age).

Gym Kidz - Tuesday Session

Pre-school (4-5) 10:30 - 11:00am

Pre-school (2-3) 11:00 - 11:30am

Parent-Tot

Beginning 1 (5-7) 3:45 - 4:30pm

Beginning 2 (8-12) 4:30 - 5:15pm

Register for Fit Kidz today!

Included with membership / Non-members \$40 (+tax)

- Children must be registered to participate in our Fit Kidz programs.

- Swing by the Front Desk and sign up.

- If you have any questions, please call us at (360) 574-1991 or stop by the Front Desk.



FIT KIDZ

Fall '24

Sport Kidz

This 11-week program is designed to help your child learn sport specific skills and practice through games and drills. Come join the class to learn new games and have fun!

Sport Kidz (Mondays)

Age 5 -7 3:30 - 4:15pm

Age 8 - 12 4:15 - 5:00pm

Included with membership

Non-members \$40 (+tax)

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

Sept 9	Sept 16	Sept 23	Sept 30	Oct 7	Oct 14
Volleyball	Tennis	Soccer	Bootcamp	Capture the Flag	Four Corners
Oct 21	Oct 28	Nov 4	Nov 11	Nov 18	
Volleyball	Ghost Ghouls & Goblins	Hula Hoop Games	Soccer	Dodgeball	



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