

# FIT KIDZ

## Winter '25

### 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

Jan 6 & 8	Jan 13 & 15	Jan 20 & 22	Jan 27 & 29	Feb 3 & 5	Feb 10 & 12
New Year Celebration	Winter Sports	Polar Bear Adventures	Shapes & Colors	Winter Wonderland	Healthy Hearts
Feb 17 & 19	Feb 24 & 26	Mar 3 & 5	Mar 10 & 12		
Penguin Relays	Treasure Hunt	Circus Day	March Madness		

### 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

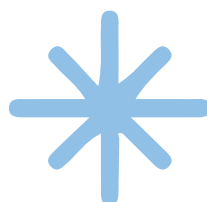
Pre-school (4-5) 10:30 - 11:00am

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!

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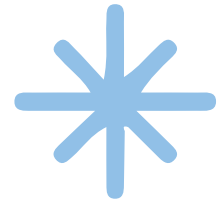
- Children must be registered to participate in our Fit Kidz programs.

- 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.

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### Sport Kidz

This 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.

Jan 6	Jan 13	Jan 20	Jan 27	Feb 3
Boot Camp	Snowball Fight	Volleyball	Sled Races & Games	Winter Relays
Feb 10	Feb 17	Feb 24	Mar 3	Mar 10
Healthy Hearts	Hula-Hoop Games	Soccer	Rockwall	Basketball

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