

FIT KIDZ SUMMER

Let's Play

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.

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

June 15 & 17	June 22 & 24	June 29 & July 1	July 6 & 8
Dive into Summer	Water Play Outdoor Wading Pool Parents must attend.	Red, White & Blue Day	No Classes Kidz Kamp
July 13 & 15	July 20 & 22	July 27 & 29	August 3 & 5
Let's Go Camping	Creative Day	Parachute Games	Water Play Outdoor Wading Pool Parents must attend.

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



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) 10:00 - 10:30am

Pre-school (2-3) 10:30 - 11:00am

Parent-Tot

Beginning 1 (5-7) 11:00 - 11:45am

Beginning 2 (8-12) 11:45am - 12:30pm

Please note ~ No Gym Kidz on July 7th due to Kidz Kamp

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

Register today!

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

Registration is now available through the member portal or on our LSAC mobile app.

Under Programs Tab >> Select "Gym" as Category
Click Show Programs >> Select the class + age group you desire >> Sign up

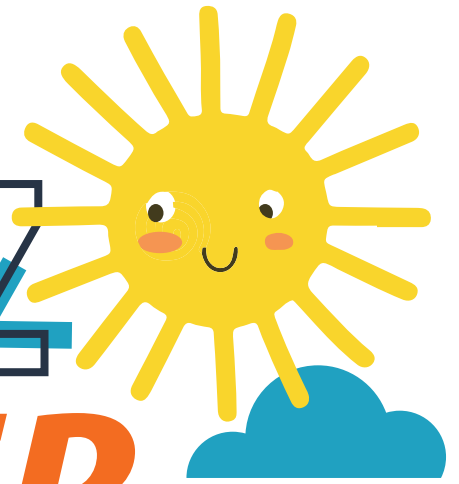
*or stop by the Front Desk and we can assist in getting your kids registered.

Questions? Stop by or call the Front Desk.





Lake Shore
ATHLETIC CLUB



FIT KIDZ SUMMER

Sport Kidz

This is a program 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!
Please send children in gym clothing and clean, non-marking shoes for all classes.

Sport Kidz (Monday & Thursday) Age 5 - 7 10:45 - 11:30am

June 15 & 18	June 22 & 25	June 29 & July 2	July 6 & 9
Dodgeball	4 Corners	Creative Day	No Classes Kidz Kamp
July 13 & 16	July 20 & 23	July 27 & 30	August 3 & 6
Capture the Flag	Kickball	Dodgeball	Creative Day

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



Sport Kidz (Monday & Thursday) Age 8 - 12 11:30am - 12:15pm

June 15 & 18	June 22 & 25	June 29 & July 2	July 6 & 9
Dodgeball	4 Corners	Creative Day	No Classes Kidz Kamp
July 13 & 16	July 20 & 23	July 27 & 30	August 3 & 6
Capture the Flag	Kickball	Dodgeball	Creative Day

