

# Sport Fit Children's Fitness Schedule Effective 7/11/2020

## Classes outside weather permitting

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30-10:00 3-5 Years <b>Kids on the Move</b> <b>Outside class</b> <b>(Sarah)</b>
					10:15-10:45 5-8 Years <b>Cross Fit Training</b> <b>(fun in training)</b> <b>Outside class</b> <b>(Sarah)</b>
					11:00-11:45 9-12 Years <b>F.I.T. for kids</b> <b>Outside class</b> <b>(Sarah)</b>
5:00-5:30 3-4 Years <b>Fun in motion</b> <b>Outside class</b> <b>(Jazmin)</b>					
5:45-6:15 4-6 Years <b>Fun in motion</b> <b>Outside class</b> <b>(Jazmin)</b>					
6:30-7:15 6-12 Years <b>Fun in motion</b> <b>Outside class</b> <b>(Jazmin)</b>					

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## Class Descriptions

**Toddler Ball:** Toddlers will learn how to play in a group setting and work on social development through small ball games and activities. This class is a perfect way for children to learn skills such as coordination, balance, catching, throwing and much more.

**Obstacle Fun:** Your child will love various obstacle courses to promote agility, stamina, and overall fitness.

**It's All Sports:** Children will master important physical skills they gain balance coordination, and muscle control. Your child will use lots of physical and mental energy learning to throw, jump, kick, run, and more!

**Fun in Motion:** Aerobic exercise to increase children's endurance, stamina, and strength. Having fun while being physically active.

**Sports Fitness:** Children will master important physical skills they gain balance coordination, and muscle control. Your child will use lots of physical and mental energy learning to throw, jump, kick, run, and more!

**Mighty Movement:** This class will incorporate fine motor skills into fun games and activities!

**Child's Play:** Children will participate in various games that will prove teamwork, body awareness, and strengthen cardio.

**Flex N' Fit:** Cardio and strength exercises will be incorporated into game play!

**Soccer Stars:** The focus of the class is to individually become skilled at possessing the soccer ball. We promote creativity, positivity, and fun soccer challenges in an encouraging environment.

**T-Ball Fun:** Utilizing fun games and activities, kids will develop their skills in hitting, throwing, and base running.

**Boot Camp:** This class combines cardio and strength training in while offering your child positive motivational support. Activities include Military style circuits, strength and flexibility stations using their own body weight, obstacle courses, ball games, jump ropes, and more. They will receive the benefits of real body conditioning and learn different type's exercise and fitness in a fun, non-competitive and a non-intimidating environment.

**Kids on the Move:** Children truly are born to move. During this time, we will build body awareness, confidence, balance, and mostly fun through play and learning environment. All the while reinforcing things your child is already learning (opposites, colors, emotions, characters and much more).

**Cross F.I.T (Fun in training):** Focusing on good movement, having fun, developing positive, active and confident lifestyles. There will be drills designed to help develop critical thinking and learn the value of teamwork.

**F.I.T for kids:** Frequent intense training incorporating various stations, cardio moves, games and anaerobic exercises to get kids moving and fit.