

# KIDS & TEENS FITNESS PROGRAMS

**BEGINNING TENNIS** - Introducing young players to proper tennis technique; building skills using drills & games.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	NOVEMBER FEES
7 - 10 yrs	Mon. & Fri.	4:00 - 5:00pm	Tennis Court	Noah	M - \$135   NM - \$180
11 - 15 yrs	Mondays	5:00 - 6:00pm	Tennis Court	Noah	M - \$75   NM - \$100

**DANCE FITNESS** - High energy cardio dance classes with kid-friendly routines.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	NOVEMBER FEES
6 - 12 yrs	Wednesday	3:00 - 3:45pm	Group X pods	Emily	M - \$60   NM - \$80

**KARATE** - Learn the basics & gain confidence, discipline, & focus, while getting a great cardio workout.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	MONTHLY FEES
6 - 12 yrs	Mon, Tues, & Thurs	4:15 - 5:00pm	Oak Tree	Sensei Jim	M - \$99   NM - \$171 (per month)
6 - 12 yrs	Saturdays	9:30 - 10:15am	Oak Tree	Sensei Jim	M - \$99   NM - \$171 (per month)

**STRENGTH TRAINING** - Students will learn the fundamentals of strength training in their own individual pods.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	NOVEMBER FEES
12 - 15 yrs	Mon. & Wed.	3:00 - 4:00pm	Weight Area	Mike	M - \$135   NM - \$180
12 - 15 yrs	Tues. & Thurs.	3:00 - 4:00pm	Weight Area	Mike	M - \$105   NM - \$140
13 - 18 yrs	Thursdays	4:00 - 5:00pm	Weight Area	Mike	M - \$135   NM - \$180

**YOUTH SWIM FITNESS** - Learn new strokes & achieve personal goals. Students must be able to swim 2 laps.

AGES	DAYS	TIMES	LOCATION	INSTRUCTOR	NOVEMBER FEES
5 - 18 yrs	Wednesdays	3:15 - 4:00pm	Lap Pool	Karen CP	M - \$60   NM - \$80
5 - 18 yrs	Fridays	3:15 - 4:00pm	Lap Pool	Karen CP	M - \$60   NM - \$80

**CALL OR VISIT SERVICE DESK TO SIGN UP | 707.528.2582**

**CLASSES ARE LIMITED TO 12 STUDENTS.**