



KIDS **in** MOTION

JULY SIGNATURE

3-4 YEARS

5-7 YEARS

8-12 YEARS

MONDAY		
	9:00-9:30 Ball Sports Sharif Gym	9:30-10:00 Ball Sports Sharif Gym
9:00-9:30 Kids Jam Seni K.I.M.	10:30-11:30 Creative Movement K.I.M.	10:30-11:30 Creative Movement K.I.M.
	5:00-6:00 Tumble/Cheer Macy K.I.M.	5:00-6:00 Tumble/Cheer Macy K.I.M.
5:30 - 6:00 Ball Sports Livi TURF ROOM	6:15-7:15 Kids Jam Taylor K.I.M.	6:15-7:15 Kids Jam Taylor K.I.M.
	TUESDAY	
9:00-9:30 Ball Sports Monroe Gym	9:30-10:30 Creative Movement Cameron K.I.M.	9:30-10:30 Creative Movement Cameron K.I.M.
9:30-10:00 Creative Movement Seni K.I.M.	10:30-11:30 Fit Kids Lexi K.I.M.	10:30-11:30- Fit Kids Lexi Gym
	5:00-6:00 Basic Karate Jeff K.I.M.	5:00-6:00 Basic Karate Jeff K.I.M.
	6:00-7:00 Adv. Karate Jeff K.I.M.	6:00- 7:00 Adv. Karate Jeff K.I.M.
6:30-7:00 Animal Yoga Livi Turf Room		
	WEDNESDAY	
9:00-9:30 Ball Sports Sharif GYM	9:30-10:30 Fit Kids Jessie K.I.M.	9:30 - 10:30 Fit Kids Jessie K.I.M.
	10:00-10:30 Ball Sports Sharif GYM	10:00-10:30 Ball Sports Sharif GYM
5:30-6:00 Ball Sports TURF ROOM	5:15-6:15 Fit Kids K.I.M.	5:15-6:15 Fit Kids K.I.M.
	6:15- 7:15 Kids Jam Taylor K.I.M.	6:15-7:15 Kids Jam Taylor K.I.M.
	THURSDAY	
9:30-10:00 Creative Movement Seni K.I.M.	10:00-11:00 Rockwall Bryson	10:00-11:00 Rockwall Bryson
	5:00-6:00 Basic Karate Jeff K.I.M.	5:00-6:00 Basic Karate Jeff K.I.M.
5:30-6:00 Ball Sports Livi TURF ROOM	6:00- 7:00 Adv. Karate Jeff K.I.M.	6:00 - 7:00 Adv. Karate Jeff K.I.M.
	6:00-7:00 Rockwall Byson & Isaiah	6:00- 7:00 Rockwall Bryson & Isaiah
	FRIDAY	
	10:00- 10:30 Creative Movement Cameron K.I.M.	10:30 - 11:00 Creative Movement Cameron K.I.M.
	6:00-7:00 Rockwall Byson & Isaiah	6:00-7:00 Rockwall Bryson & Isaiah
SATURDAY		
9:00-9:30 Ball Sports Turf Room	10:00-10:30 Creative Movement K.I.M.	10:30-11:00 Retro-Recess Gym
	11:00-11:30 Fit Kids K.I.M.	11:30-12:00 Fit Kids K.I.M.

Rockwall Hours with Jim: Monday (6-9) Wednesday (6-9) Saturday (9-12)



- **Ball Sports (3-12)**- This class is competitive, fast paced, and FUN! Children will hone their gross motor skills and develop agility playing various ball sports from basketball to volleyball and everything in between. Each week will focus on a different sport all to experience a variety of activities and find their PASSION.
- **Ballet and Barre**- This class will focus on the fundamentals of ballet. Class structure will combine barre work with stretching, building movements and dance.
- **Bolt**- Lace up your Running Shoes. This class will develop and encourage kids of all running and fitness abilities to move to the front. Through the incorporation of games, activities, and races kids will see an increase in endurance and self-confidence.
- **Creative Movements (3-12)**- Imagination will run wild in this movement filled class. Basic locomotor skills will be used to run, gallop, and crawl. Each class will offer a variety of activities from obstacle courses to relay races to keep youngsters on their toes.
- **Fit Kids (3-6; 30 min)** This mini aerobics class introduces fitness basics through play. Youngsters will participate in a variety of activities to get their hearts pumping and begin building strength and stamina.
- **Fit Kids (7-12; 45 min)** -this conditioning workout is designed to increase stamina and cardio endurance through short bursts of intensity activities. Kids will also focus on building strength and coordination through drills, circuit stations, group exercises, and games. This class is a great way to keep those little ones in shape while having fun.
- **Kids Jam (3-12)** – This class will be full of movement, fun, and DANCING! No one type of dance style will be used. We’re going to mix things up to keep each class full of excitement! Come Shake Your Groove Thing, No Rhythm Required!!
- **Retro Recess (3-12)** This class is a tribute to all the games played during PE and Recess. Kids won’t even realize they are working while playing dodgeball, TAG, kickball, parachute games and much more.
- **Strong Kids (7-12)** – Kids will build strong bones and muscles in this class with resistance and body weight training. This class teaches muscle names and introduces proper form and technique for executing exercise such as: crunches, push-ups, lunges, and squats.
- **Tumble/Cheer (3-12)** This class will teach basic cheerleading and tumble skills. Kids will learn cheers, chants, jumps, and dance. Tumbling activities will vary based on experience and knowledge. Activities will increase flexibility, core, upper and lower body strength.
- **Yoga (7-12)** – Kids will learn basic yoga poses in a slow and easy to understand format. This class focuses on increasing flexibility and coordination.
- **Animal Yoga (3-6)** Tots will be introduced to yoga basics through animal poses and letters of the alphabet. This interactive class uses animal sounds and fun movements to increase flexibility and fine motor skills.

Specialty Classes (not available at all locations)

- **Isshinryu Karate (7-2 yrs. 1 hour)**- This class is based on children’s self-defense. Children will learn the basics of karate kicks and punches. It will help to build their self-esteem and give them a positive feeling to learn who they are and how to handle themselves. Proper attire is requested for this class (Gis, which may be purchased at the Front Desk). Children will also be able to test for specific belts when the instructor feels each child has met the requirements.
- **Beginner Isshinryu Karate (4-6 yrs.)**- Children will learn the basics of karate kicks and punches. It will help build their self-esteem and give them a positive feeling to learn who they are and how to handle themselves. Proper attire is required for this class (NFC uniform).
- **Rock Climbing (Signature Only)** A youth rock climbing class will focus on developing the fundamentals of rock climbing technique, footwork, sequencing movement and commitment. Kids will see gains in upper body, core strength and flexibility. This class is designed for various abilities and skill levels.
- **Capoeira (5-12 yrs.) Signature Only:** Is a Brazilian art form which combines fight, dance, rhythm and movement.

Classes Subject to Change at the discretion of the Director

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