

Youth Programs

Fitness



JumpBunch develops teamwork, self confidence, hand-eye coordination and promotes a healthy lifestyle through an internationally-acclaimed curriculum.

**** Classes will be held in the Racquetball Court.**

*JUMPBUNCH SPORTS & FITNESS FOR PARENT-TOT 15 MONTHS-3 YRS

Each week students will be introduced to a different sport or fitness activity to develop fine/gross motor skills, coordination, balance and more. The class also promote valuable parent/child interaction.

Code	R/NR	Day	Time	Date	No class
444252-A	\$54/\$64	Mon	9-9:30am	8/25-10/6	9/1
444252-B	\$54/\$64	Mon	9-9:30am	10/13-11/17	

*JUMPBUNCH SPORTS & FITNESS FOR PRESCHOOLERS 3-5 YRS

Specialized for preschoolers, this class will cover basketball, golf, soccer, horseshoes, hockey, lacrosse, yoga and more. Two sports or fitness activities will be focused on each week.

Code	R/NR	Day	Time	Date	No class
444250-A	\$60/\$70	Mon	3:30-4:15pm	8/25-10/6	9/1
444250-B	\$60/\$70	Mon	3:30-4:15pm	10/13-11/17	

*JUMPBUNCH SPORTS & FITNESS FOR SCHOOL AGE KIDS

5-11 YRS **BASE**

Students will participate in a series of 60-second challenges individually, in pairs, or in teams that encourage critical thinking, ingenuity, teamwork, and motor skills. Activities are created with school ages in mind and provide great fun and positive interactions.

Code	R/NR	Day	Time	Date	No class
444251-A	\$60/\$70	Mon	4:15-5pm	8/25-10/6	9/1
444251-B	\$60/\$70	Mon	4:15-5pm	10/13-11/17	



DROP-IN FAMILY YOGA 3-8 YRS WITH PARENTS

Enhance flexibility, strength, coordination and body awareness with your child through yoga, songs and stories. Improve your child's focus and ability to calm themselves.

Location: Multi Use Room

Time: Sundays 9:30 – 10:15am

**Fee: 1 adult & 1 Child = \$7
Each additional family member = \$3.50**

**Punch Card: 10 class card = \$60 for 1 adult & 1 child
Each additional family member = \$3.50
Cards valid for 6 months**



CAMP GLADIATOR DROP IN FAMILY FITNESS

AGE 6+ WITH A PARENT AGE 10+ MAY ATTEND ON THEIR OWN

These age-appropriate classes will help all family members increase endurance, strengthen and tone muscles, develop flexibility, and create healthy habits together.



Location: Recreation Center Fitness Room

Time: Mondays & Fridays 4:30 – 5:30pm

**Fee: 1 adult & 1 Child = \$7
Each additional family member = \$3.50**

**Punch Card: 10 class card = \$60 for 1 adult & 1 child
Each additional family member = \$3.50
Cards valid for 6 months**