

Fit Kid Experience

Class and Program descriptions

A mandatory Orientation is required for participation in all Fit Kid Experience classes and programs.

Orientations- approximately 45 minutes, held in the *Youth Fitness Center*

Children will be tested for flexibility, muscular endurance, and cardio endurance with a sit and reach test, timed BOSU sit up and push up test, and a 3 minute step test. Orientations are **mandatory** for participation in all Fit Kid Experience activities and programs. Pre-registration (with the \$10 fee) must be completed at least 30 minutes **prior** to the orientation. Once the orientation has begun, **no one will be admitted.**

Please arrive at least 10 minutes prior to the orientation start time.

Circuit Workout- 45 minutes, held in the *Youth Fitness Center*

The workout includes a warm up, an active workout using kid friendly cardio and weight stations, followed by a cool down. Circuits are limited to 10 kids on a first come/first serve basis. Participants should arrive at least 10 minutes prior to the start time.

For safety reasons, no one is admitted once the Circuit Workout has begun.

BOSU Boot Camp- 30 minutes, held in *Group Fitness A*

This class includes a warm-up, cardio and strength activities using the BOSU, followed by a cool down and stretch.

Fit Jump- 30 minutes, held in *Group Fitness A*

The rope jumping class for kids includes basic steps, tricks, and speed jumping. Learn to jump for fitness, show and fun. Non-jumpers are welcome.

Fit Games- 30 minutes, held in *Group Fitness A*

The workout includes a warm up followed by fun, cardio activities/games. Utilizing basic skills; running, jumping, hopping, throwing, and catching.

I can run a mile 30 minute class will meet in the *Youth Center*

The class will utilize different parts of the building and the grounds. It will include fun games to keep the kids motivated to finish each lap. The goal of the class is to be able to complete a mile and to participate in the Natatorium's Annual fun run on September 20th !! We are organizing a **Fit Kid Team** to enter the FUN Walk/Run. Information is available in the Youth Fitness Center and at the Welcome Desk.

Class size limited to 10.

Yoga-lates- 30 minutes, held in *Group Fitness A*

This class is a combination of Yoga and Pilates presented in a kid friendly format. The class works on developing strength, balance, improves posture, and an overall enhancement in all fitness levels. It also helps increase a person's ability to focus, which can come in handy when it comes time for homework!

Zumba- 30 minutes, held in *Group Fitness A*

This fun, energetic class includes Latin-style dance with hip-hop for a non stop fun and fitness including a warm up and a cool down. No weights are used. Classes taught by certified **Zumba** instructors.

All above classes are open to all Fit Kid annual members ages 8-12.

The summer schedule offers two days with classes during the day, and two days with classes at our traditional school year times in the evening.

Watch for our expanded "Youth Fit" programs to start in the Fall of 2009 geared to 5th, 6th, and 7th grade students.

THE NATATORIUM
HEALTH & FITNESS CENTER
CUYAHOGA FALLS, OHIO

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