

# Fall 2018 Kid's Exercise Classes



## Sept. 10th - Dec 21st

Lottery pick for Fall Classes

**REGISTRATION FORMS DUE**

Class enrollment available

Missed the lottery? Sign-ups begin

Register for multiple classes

1st day of class

No class

Winter Session

Lottery Pick for Winter Classes

Monday, August 27th - Sunday, Sept. 2nd

**Sunday, Sept. 2nd**

Tuesday, Sept. 4th

Tuesday, Sept. 4th

Thursday, Sept. 6th

Monday, Sept. 10th

Nov. 12th, Nov. 19th-23rd

Monday, Jan. 7th - Friday, March 29th

Monday, Dec.17th -Sunday, Dec.23rd

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27 <b>AUG</b> Lottery Pick	28	29	30	31	1 <b>SEPT.</b>	2 Lottery forms due!
3	4 Class Enrollment Available	5 Additional Class Enrollment Open	Members that did not participate in the lottery may register for their child's first class at Activities beginning Sept. 4th			9
10 1st day of Classes	11 Children may be registered for additional classes beginning Sept. 5th. Please note that we ask children not be enrolled in more than one Martial Arts, Soccer or Gymnastics classes without Management approval, to allow all members to participate.	12	13	14	15	16
17	18 Unexcused absences during the 1st week of class may result in being dropped from the class to allow waitlisted children to participate.	19	20	21	22	23

# DROP-IN CLASSES

# Fall 2018 Kid

	9:00am	10:15am	10:30am	11:30am		2:15pm	2:45pm	3:00pm
MONDAY	<b>EARLY LEARNING</b> Walking to 2 years 9:15-10:15am Multipurpose Room Kristina		<b>EARLY LEARNING</b> 2 - 3 years 10:30-11:30am Multipurpose Room Kristina			<b>PRE-DANCE</b> 3-4 years old 2:15-2:45pm Wood Studio Rachel	<b>JAZZ /HIP HOP COMBO</b> 4 - 5 years old 2:45 - 3:15pm Wood Studio Rachel	
TUESDAY		<b>KID GYM</b> 3 - 5 years old 10:15-10:45am Carpet Studio		<b>PLAY WITH ME</b> Walking - 2 years old 10:45am-11:15am Carpet Studio *Parent must attend				
WEDNESDAY	<b>EARLY LEARNING</b> Walking to 2 years 9:15-10:15am Multipurpose Room Kristina		<b>EARLY LEARNING</b> 2 - 3 years 10:30-11:30am Multipurpose Room Kristina			<b>MUSIC MEDLEY</b> 2 - 3 year old 2:15-2:45pm Carpet Studio Erynn	<b>SUPERHERO TRAINING</b> 3-5 years old 2:45-3:15pm Carpet Studio Lindsey	
THURSDAY		<b>KID GYM</b> 3 - 5 years old 10:15-10:45am Carpet Studio		<b>PLAY WITH ME</b> Walking - 2 years old 10:45am-11:15am Carpet Studio *Parent must attend				<b>ALL ABILITY GYMNASTICS</b> Ages 4 & up 3:00- 3:30pm Carpet Studio Eric & Jacquie
FRIDAY	<b>EARLY LEARNING</b> Walking to 2 years 9:15-10:15am Multipurpose Room Kristina		<b>EARLY LEARNING</b> 2 - 3 years 10:30-11:30am Multipurpose Room Kristina					<b>MARTIAL ARTS</b> 4-6 years old 3:00-3:30pm Carpet Studio Sensei Mehran
SUNDAY		<b>KID GYM</b> 3 - 5 years old 10:15-10:45am Carpet Studio		<b>PLAY WITH ME</b> Walking - 2 years old 10:45am-11:15am Carpet Studio *Parent must attend				

# Exercise Classes Sept. 10th - Dec. 21st

	3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm
	<b>BALLET</b> 5 & up 3:15- 4:00pm Wood Studio Rachel	<b>HOOP IT UP</b> 5 & up 3:30-4:00pm Gymnasium Ezra		<b>HOOP IT UP</b> 5 & up 4:00-4:30pm Gymnasium Ezra		<b>GROUP GAMES/ KICKBALL</b> 5 & up 4:30-5:00pm Gymnasium Ezra	
		<b>GROUP GAMES/ KICKBALL</b> 3 - 5 years old 3:30-4:00pm Gymnasium  <b>RACQUETBALL</b> 6 & up 3:30 - 4:15pm Racquetball Court Del		<b>HOOP IT UP</b> 5 & up 4:00-4:30pm Gymnasium		<b>DODGEBALL</b> 5 & up 4:30-5:00pm Gymnasium	
	<b>YOGA</b> 5-7 years old 3:15 - 3:45pm Wood Studio Erynn	<b>PEE WEE SOCCER</b> 3-4 years old 3:30-4:00pm Gymnasium Leah & Lindsey	<b>YOGA</b> 8-13 years old 3:45 - 4:30pm Wood Studio Erynn	<b>PEE WEE SOCCER</b> 3-4 years old 4:00-4:30pm Gymnasium Leah & Lindsey		<b>PEE WEE SOCCER</b> 4-5 years old 4:30-5:00pm Gymnasium Leah & Lindsey	
ES S t		<b>LEVEL 1&amp; 2 GYMNASTICS</b> 5 & up 3:30 - 4:15pm Carpet Studio Jacqui & Amanda			<b>LEVEL 3 &amp; 4 GYMNASTICS COMBO</b> 6 & up 4:15-5:00pm Carpet Studio Jacqui & Amanda  <b>YOUTH OPEN SQUASH</b> 8 & up 4:15-5:00pm Gymnasium Torey		
n		<b>MARTIAL ARTS</b> 4-6 years old 3:30-4:00pm Carpet Studio Sensei Mehran		<b>MARTIAL ARTS</b> 6 & up 4:00-4:30pm Carpet Studio Sensei Mehran		<b>SELF-DEFENSE</b> 6 & up 4:30-5:00pm Carpet Studio Sensei Mehran	

\*New classes this session!

\*\*New class time



I'm Leah: Certified Nutrition Consultant and Mom to two wonderfully crazy boys. I'm passionate about sharing my knowledge about health and wellness, and my goal in life is to change the world.

I want to share knowledge and give simple ways to improve the health of families. I believe that by empowering families with the understanding for better health that they can eat, live, and look better. I have been working at Oakwood for the past year teaching soccer and tumbling classes and have thoroughly enjoyed my time doing so. I'm looking forward to another great year here at Oakwood!



My name is Jacqueline Yuke and I'm a junior at Miramonte High School in Orinda. I have been doing gymnastics since I was 3 years old. Taking classes and performing on Encore Gymnastics Performance team for 8+ years. About 2 years ago I fell in love with cheerleading and was recently named captain of Miramontes Cheer and Stunt Tumbling Team. When I'm not doing back hand springs I am usually traveling with MHS Speech and Debate Team. I am diligently working on acceptances into one or both of my dream schools, USC and UCLA. This year I'm enrolled in 5 AP classes and hold a 4.5 GPA. When I'm not working in Childcare or teaching Kid Exercise classes you can most likely find me at Disneyland, "My Happiest Place" on earth.



# Kid Exercise Classes Fall 2018

## POLICY AND PROCEDURE REMINDERS

Oakwood offers over 30 specialty classes a week that are designed for children 2 to 12 years old! Children must be pre-registered at the Activities Desk to participate in classes.

Instruction is ongoing throughout the session.

*Parents must remain at the Club during specialty classes.*

All classes are FREE to children who are active on their family membership.

Children must be members by the start of the session.

For fall session children must meet the age requirement of the class by Sept 23rd.

The last day to add additional classes is Oct. 8th.

### Kid Gym

Classes are for 3 to 5 year olds. Children use locomotor skills, tumble, play group games, sing songs, climb on an obstacle course, and play with manipulatives (balls, hoops, bean bags, etc).

Kid Gym is ongoing and complimentary to members with active family memberships. We appreciate your help in keeping this a fun and safe class by following the age guidelines.

### Play with Me

Children walking to under 3 years old. Classes are structured so that children may enjoy time playing and learning with their participating parent. Play with Me is ongoing and complimentary to member with active family memberships. We appreciate your help in keeping this a fun and safe class by following the age guidelines.

The kids specialty class program is recreational and intended to provide your children an introduction to different types of physical activities. We hope that this fosters a good attitude about physical health that will last a lifetime. Any questions or comments should be directed to our Kid Exercise Manager, Eric Olafsson at ext. 107.

Further details and policies are available at [www.OakwoodAthleticClub.com](http://www.OakwoodAthleticClub.com).

## **Behavior Policy**

If a child exhibits aggressive or inappropriate behavior towards another child or instructor, or is disruptive to the progression of the class, the child may be asked to sit out for the remainder of the class. Concerns that arise during class will be brought to the parents attention. If the behavior continues to be a concern by instructors or management, the child may be removed from class for the remainder of the session in order to allow time for behavior modification.

## **Illness Policy**

We ask that parents not knowingly bring their child to any children's activities, including kid's classes if they are not feeling well. Please be respectful of Oakwood staff and Management's decision if we feel a child is displaying signs of illness and ask that they not participate in an activity or class.

## **Noise Policy**

Please respect other members and help keep the noise level to a minimum.

The noise level in front of the studios travels throughout the Club and is disruptive to other members.

No rough housing is permitted in the promenade area in front of the studios. This includes children running, jumping, playing loudly, practicing gymnastics and Tae Kwon Do moves, and playing on the stairs. This is for the safety of all children and adults using the facility, as well as to keep the noise level to a minimum.

## **Perfect Attendance Policy**

Children qualifying for Perfect Attendance are able to pick from the 'Perfect Attendance' lottery numbers at registration.

To qualify for Perfect Attendance:

- Children must attend all classes within the session with no more than two excused absences. \*An excused absence is noted only if the parent calls in to the Activities Desk prior to class to notify Oakwood that the child will not be attending a specific class.
- Perfect Attendance applies only to the individual child, not the entire family.
- Parents are informed when they register if they qualify for the Perfect Attendance lottery pick.

## **Additional Policies**

- Children must be accompanied and supervised by a parent or legal guardian at all times.
- Children must be within arms reach of a parent or a legal guardian at all times.
- Parents must remain at the Club during Kids' classes.
- No rough housing is permitted in the promenade area in front of the studios. This includes children running, jumping, playing loudly, practicing gymnastics and Tae Kwon Do moves, and playing on the stairs. This is for the safety of all children and adults using the facility, as well as to keep the noise level to a minimum.
- Parents must escort all children into the club to their classes.
- Parents must check their children in at the Front Desk upon entry, as well as themselves. This also assists in verifying class attendance if needed.
- \*Reminder: Please encourage children to use the restroom before class to avoid accidents.

**All Abilities Gymnastics:** Ages 4 and up. All Abilities classes promote the interaction between children with special needs and their typical developing peers. Open to all students, with all skills and abilities.

**Ballet:** Ages 5 & up. This class will impart the fundamentals of classical ballet. The class will focus on basic ballet technique, proper body alignment, French terminology and musicality. Students will be introduced to elementary barre and center work.

**Dodge Ball:** Age 5 & up. Dodge, Duck, Dive, Dip & Dodge! Come join for some high energy dodge ball!

**Group Games/Kickball:** Ages 3 - 5 years old. Games to develop listening skills, teamwork, problem solving and sportsmanship.

**Hoop it Up:** Ages 5 & up. Has your little one gotten into basketball? Is shooting baskets with a kid's ball something they enjoy? Then this class is for them.

**Jazz/ Hip Hop Combo:** Ages 4-5 years old. This high energy class consists of rap, hip-hop and pop sounds, focusing on musicality and rhythm. Contemporary is an extremely artistic style of dance. It is a fusion of ballet, jazz, and modern dance, and usually contains an emotional journey, or story.

**Level 1 & 2 Gymnastics:** Ages 5 & up. Learn how to do a forward roll to straddle stand, round-off, backwards roll to pike/backwards roll push up, 10 second chin up, straight legs to bar kickover, bridge kickover, split jump, stretch jump, leaps on the beam, forward roll on beam, and backbend.

**Level 3 & 4 Gymnastics:** Ages 6 & up. Mastered level 1 and level 2 and ready to learn more? Learn a straight leg handstand, handstand forward roll, handstand-bridge-kickover, pull over, forward roll hip circle, glide, cartwheel on beam, and a (spotted) English handstand on beam in level 3. After completing level 3, move on to level 4 skills to practice harder fun skills such as a front flip!

**Martial Arts:** Boys and Girls ages 4-6 and 6 & up. Students learn self defense, challenging motor skills, and respect. Martial Arts introduces the mental disciplines of focus and positive thinking.

**Music Medley:** Ages 2 -3 years old. This class is designed to introduce young children to music and movement through the use of musical instruments, games, and animal movements.

**Youth Open Squash:** Ages 8 & up. Practice on your own, play a match for the club junior ladder, or get some coaching tips from our club squash pro. Beginners encouraged to participate. Racquets and goggles provided!

**Pee Wee Soccer:** Ages 3 - 5 years old. Start your preschooler learning the fundamentals of soccer through fun drills & games.

**Pre-Dance:** Ages 3– 4 years old. This class combines basic jazz technique and fun, upbeat music and choreography (with no suggested lyrics/movements) to develop the dancers' coordination, rhythm, flexibility, and self-expression.

**Racquetball:** Ages 6 & up, Ages 8-12 years old. Learn the strokes and strategies of this fun game where locomotor skill drills are used to enhance and improve movement and hand to eye coordination. Equipment is provided.

**Self Defense:** Ages 6 & up. Kids will learn counter-measures that involves defending the health and well-being of oneself from harm.

**Superhero Training:** Ages 3 - 5 years old. Each week kids will train to become their favorite superhero's! Training to include areas such as flying, "Hulking" up, rings of fire, invisibility, and becoming lightning fast. Come and earn your cape!

**Yoga: Ages 5 - 7 years old.** A fun class that exposes students to the concepts of yoga in a creative way through individual practice of poses, partner yoga, group poses, and games. **Ages 8 –13 years old.** A playful, dynamic class devoted to introduce young adults to the benefits of the physical and mental practice of yoga. Not only will we be emphasizing mindfulness and breathing techniques to help with stress, but also drawing attention to body awareness to increase overall athletic ability and strength.

**DROP IN CLASSES - Early Learning:** Play based learning class with activities such as circle time, song/rhyme, art projects, letters/numbers/shapes/colors, and special activities! This class adheres to the Kid Exercise session dates.

**Kid Gym:** Children use locomotor skills, tumble, play group games, sing songs, climb on an obstacle course, and play with manipulatives (balls, hoops, bean bags, etc). Children may be brought from childcare or parents. Play with Me is an ongoing, drop-in basis.

**Play with Me:** Classes are structured so that children may enjoy time playing and learning with their participating parent. A great way to prepare your child for our KID GYM classes. Play with Me is an ongoing, drop-in basis.