

WINTER 2018 KID'S EXERCISE CLASSES



Lottery pick for Winter Classes

REGISTRATION FORMS DUE

Class enrollment available

Missed the lottery? Sign-ups begin

Register for multiple classes

1st day of class

No class

Lottery Pick for Spring Classes

Spring Session

Monday, November 27th - Sunday, December 3rd

Sunday, December 3rd

Tuesday, December 5th

Wednesday, December 6th

Monday, December 11th

Monday, January 8th

Jan. 15th, Feb. 16th, Feb 19th, March 16th

Monday, March 19th - Sunday, March 25th

Monday, April 9th - Friday, June 1st

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27 NOV Lottery Pick	28	29	30	1 DEC	2	3 Lottery forms due!
4	5 Class Enrollment Available	6 Members that did not participate in the lottery may register for their child's first class at Activities beginning December 6th	7	8	9	10
11	12 Children may be registered for additional classes beginning December 11th. Please note that we ask children not be enrolled in more than one Martial Arts, Soccer and Gymnastics classes without Management approval, to allow all members to participate.	13	14	15	16	17
8 JAN 1st day of Classes	9 Unexcused absences during the 1st week of class may result in being dropped from the class to allow waitlisted children to participate.	10	11	12	13	14

LILY BARNARD



Oakwood is lucky to have Lily, one of Oakwood's famed swim coaches, working with the Kid Exercise program teaching Yoga. Lily has done such an amazing job with the youth here at Oakwood in the pool. She began using yoga to help unwind before bed when she was 13 years old. Last year Lily went into the jungle to study Yoga with the monkeys and sloths in Costa Rica. After her month abroad, she came back to Oakwood and started teaching Yoga to adults. Lily has developed a Yoga following amongst our adult Oakwood members. Lily's passions include; swimming, teaching, playing with her dog, flying kites on the beach, and Yoga. Oakwood is excited about Lily sharing her new-found love of Yoga with our youth.

TOREY BRODERSON

Torey is passionate about youth development and working with youth from various backgrounds, especially through the sport of squash. As a college freshmen in 2009, he singlehandedly founded and coached the College of Charleston squash team. He was the coach, president and #1 player for all 4 years, culminating in a national division title in 2013.



In Charleston, he worked as a Squash Pro at the Charleston Squash Club under Matt Jenson, top 3 world doubles player. He eventually transitioned into his role as program director of Chucktown Squash, an urban squash program for underserved youth in Charleston, South Carolina. While program director, Torey doubled the program enrollment and helped develop a partnership with his alma mater to build 5 brand new courts for the program.

Since moving to California last August, Torey has worked as a Squash Pro at The Bay Club, Redwood Shores, University Club and Squash Drive in Berkeley. Torey currently works as the pro at Oakwood Athletic Club. He is excited about sharing his passion for Squash and other court sports like Tennis with the youth here at Oakwood.

DROP-IN CLASSES

WINTER 2018 KID

	9:00am	10:15am	10:30am	11:30am		2:15pm	2:45pm	3:00pm
MONDAY	EARLY LEARNING Walking to 2 years 9:15-10:15am Multipurpose Room Robynn & Jonathan		EARLY LEARNING 2 - 3 years 10:30-11:30am Multipurpose Room Robynn & Jonathan					
TUESDAY		KID GYM 3 - 5 years old 10:15-10:45am Carpet Studio		PLAY WITH ME Walking - 2 years old 10:45am-11:15am Carpet Studio *Parent must attend				LEVEL 1 HOOP IT UP 5 & up 3:00-3:30pm Gymnasium Ezra
WEDNESDAY	EARLY LEARNING Walking to 2 years 9:15-10:15am Multipurpose Room Robynn & Jonathan		EARLY LEARNING 2 - 3 years 10:30-11:30am Multipurpose Room Robynn & Jonathan			MUSIC MEDLEY 2 - 3 year old 2:15-2:45pm Carpet Studio Lindsey	TINY TUMBLERS 3-4 years old 2:45-3:15pm Carpet Studio Lindsey	PEE WEE SOCCER 3-5 years old 3:00-3:30pm Gymnasium Leah
THURSDAY		KID GYM 3 - 5 years old 10:15-10:45am Carpet Studio		PLAY WITH ME Walking - 2 years old 10:45am-11:15am Carpet Studio *Parent must attend				
FRIDAY	EARLY LEARNING Walking to 2 years 9:15-10:15am Multipurpose Room Robynn & Jonathan		EARLY LEARNING 2 - 3 years 10:30-11:30am Multipurpose Room Robynn & Jonathan					MARTIAL ARTS 4-6 years old 3:00-3:30pm Carpet Studio Sensei Mehr
SUNDAY		KID GYM 3 - 5 years old 10:15-10:45am Carpet Studio		PLAY WITH ME Walking - 2 years old 10:45am-11:15am Carpet Studio *Parent must attend				

D EXERCISE CLASSES JANUARY 8TH - MARCH 23RD

	3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm
		DANCE GAME 3 - 5 years old 3:30 - 4:00pm Wood Studio Lindsey		DANCE COMBO 4-7 years old 4:00 - 4:45pm Wood Studio Lindsey			BOUNCE BOSU 5-7 years old 4:45-5:15pm Wood Studio Lindsey
		GROUP GAMES/ KICKBALL 3 - 5 years old 3:30-4:00pm Gymnasium Ezra		LEVEL 2 HOOP IT UP 5 & up 4:00-4:30pm Gymnasium Ezra		DODGEBALL 5 & up 4:30-5:00pm Gymnasium Ezra	
		RACQUETBALL 6 & up 3:30 - 4:15pm Racquetball Court Del			RACQUETBALL 8-12 years old 4:15-5:00pm Racquetball Court Del		
	SUPERHERO TRAINING 3-5 years old 3:15-3:45pm Carpet Studio Lindsey	PEE WEE SOCCER 3-5 years old 3:30-4:00pm Gymnasium Leah		PEE WEE SOCCER 3-5 years old 4:00-4:30pm Gymnasium Leah			
	ALL ABILITIES GYMNASTICS Ages 4 & up 3:15- 3:45pm Carpet Studio TBD		LEVEL 1 & 2 GYMNASTICS 5 & up 3:45 - 4:30pm Carpet Studio TBD			LEVEL 3 & 4 GYMNASTICS COMBO 6 & up 4:30-5:30pm Carpet Studio TBD	
	YOGA 5-7 years old 3:15 - 3:45pm Wood Studio Lily		YOGA 8-13 years old 3:45 - 4:30pm Wood Studio Lily				
			TENNIS/ SQUASH 4-6 years old 3:45-4:30pm Racquetball Court Torey				
		MARTIAL ARTS 4-6 years old 3:30-4:00pm Carpet Studio Sensei Mehran		MARTIAL ARTS 6 & up 4:00-4:30pm Carpet Studio Sensei Mehran		SELF-DEFENSE 6 & up 4:30-5:00pm Carpet Studio Sensei Mehran	
				*New classes this session! **New class time			Revised 1/8/18

KID EXERCISE CLASSES

WINTER 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 Winter Session children must meet the age requirement of the class by January 19th.

The last day to add additional classes is February 4th.

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.

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.

Bounce Bosu: Ages 5 - 7 years old. A fun and fast paced class of team, partner, and individual relays utilizing Bosu balls and obstacles.

Dance Combo: Ages 4-7 years old. Children will learn varieties of dance styles such as modern dance, jazz, hip hop, ballet and more! Classes will have emphasis on dance technique, body coordination, rhythm and creative movement.

Dance Games: Ages 3-5 year olds. Children will learn a variety of dance styles through games! (Playing freeze dance, make-a-move, as well as playing with ribbons and hula hoops)

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.

Level 1 Hoop it Up: Ages 5 & up. Is your little one starting to show an interest in playing basketball? Would using a dodgeball be easier and safer for your little one to shoot than a basketball? Then this class is for them.

Level 2 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.

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.

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

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!

Tiny Tumblers: Ages 3 - 4 years old. Gymnastics especially geared to the 3 & 4 year olds. Learn gymnastics as well as loco-motor skills, body awareness, and the social skills of a class situation.

Tennis/Squash: Ages 4 - 6 years old. For first time tennis and squash players. Students develop racquet strokes, balance and coordination through interactive games and hitting drills. Protective eyewear required!

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.