

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.

Cheer & Tumble: Ages 5–7 year olds. Learn school spirit, enthusiasm, basic tumble skills, and cheer positions.

Creative Dance: Ages 5-7 year olds. A fun & energetic dance class that will expand your child's imagination and learn musicality, rhythm, and tempo.

Destiny's Yoga: Ages 3-5 years old. Join Destiny in this playful class filled with yoga postures, animated breathing exercise, storytelling, imagination, and mindfulness.

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

Group Games/Kickball: Ages 3 - 5 years old, & up. 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.

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.

Pre-Dance: Ages 3–4 years old. This class combines basic jazz technique and fun, upbeat music and choreography (with no suggestive 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.

Relays & Obstacles: Ages 6 & up. A fun and fast paced class of team, partner, and individual relays and obstacles.

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

Soccer: Ages 6 - 7 years old. Continue to build on your soccer skills and improve your cardio while having a great time.

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.

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 by 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 class, and on a drop-in basis.

Spring 2019 Kid's Exercise Classes



April 8th - June 3rd

Lottery pick for Spring Classes

REGISTRATION FORMS DUE

Class enrollment available

Register if you missed the lottery

Register for multiple classes

1st day of class

No classes

Monday, March 18th-Sunday, March 24th

Sunday, March 24th

Tuesday, March 26th

Tuesday, March 26th—Sunday March 31st

Monday, April 1st

Monday, April 8th

Monday, May 27th

Mon	Tue	Wed	Thu	Fri	Sat	Sun
18 Mar. Lottery Pick	19	20	21	22	23	24 Lottery forms due!
25	26 Class Enrollment Available	Members that did not participate in the lottery may register for their child's first class at Activities beginning March 26th				31
1 April Additional Class Enrollment	2	3	4	5	6	7
Children may be registered for additional classes beginning April 1st. Please note that we ask children not be enrolled in more than one Martial Arts, Soccer or Gymnastics class without Management approval, to allow all members to participate.						
8 1st day of Classes	9	10	11	12	13	14
Unexcused absences during the 1st week of class may result in being dropped from the class to allow waitlisted children to participate.						

Meet our Instructors:

Amanda Young
Del Villanueva
Destiny Eurkus
Eric Olafsson
Erynn Im-Sato
Fatima Hernandez Lazalde
Holly Higgins
Jacqui Yuke
Leah Vachani
Kristina Christensen
Mackenzie Forkas
Mehran Shahkar
Naomi Renbarger
Robynn Van Otten
Scarlett Mosher
Yahya Qteishat
Zoe Warch



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.

Kid Exercise Classes Spring 2019

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 Spring session children must meet the age requirement of the class by April 28th.

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 General Manager, Denise Starkey at denised@oakwoodathleticclub.com. Further details and policies are available at www.OakwoodAthleticClub.com.

Youth Open Squash

Thursdays
3:30pm - 4:15pm
OR
4:15pm - 5:00pm

Ages 8 & up



Practice, play a match. and get coaching tips from
Oakwood's Squash Pro!
Beginners encouraged and welcome to participate!
Racquets and goggles provided!

Contact our Squash Pro,
Torey Broderson, to enroll!
torey@oakwoodathleticclub.com

↓ DROP-IN CLASSES ↓

Spring 2019 Kid Exercise Classes April 8th - May 24th

	9:00am	10:15am	10:30am	11:30am		2:15pm	2:45pm	3:00pm	3:30pm	4:00pm	4:15pm	4:30pm	4:45pm
MONDAY	EARLY LEARNING Walking to 2 years 9:15-10:15am Multipurpose Room Kristina & Robynn		EARLY LEARNING 2 - 3 years 10:30-11:30am Multipurpose Room Kristina & Robynn				DESTINY'S YOGA 3 - 5 years old 2:45- 3:15pm Carpet Studio Destiny		GROUP GAMES/ KICKBALL 3 - 5 years old 3:30-4:00pm Gymnasium Eric & Zoe	HOOP IT UP 5 & up 4:00-4:30pm Gymnasium Eric & Zoe		HOOP IT UP 5 & up 4:30-5:00 Gymnasium Eric & Zoe	
TUESDAY		KID GYM 3 - 5 years old 10:15-10:45am Carpet Studio Naomi & Holly		PLAY WITH ME Walking - 2 years old 10:45am-11:15am Carpet Studio Naomi & Holly *Parent must attend		PRE DANCE 3 - 4 year olds 2:15 - 2:45pm Carpet Studio Fatima			CREATIVE DANCE 5-7 year olds 3:30-4:00pm Carpet Studio Fatima & Mackenzie RACQUETBALL 6 & up 3:30-4:00 Gymnasium Del	RELAYS & OBSTACLES 6 and up 4:00pm - 4:30pm Carpet Studio Fatima & Mackenzie RACQUETBALL 8 -12 years old 4:00-4:30 Gymnasium Del		CHEER 5 –7 years olds 4:30 - 5:00pm Carpet Studio Fatima & Mackenzie	
WEDNESDAY	EARLY LEARNING Walking to 2 years 9:15-10:15am Multipurpose Room Kristina & Robynn		EARLY LEARNING 2 - 3 years 10:30-11:30am Multipurpose Room Kristina & Robynn			MUSIC MEDLEY 2 - 3 year old 2:15-2:45pm Carpet Studio Erynn & Zoe	SUPERHERO TRAINING 3-5 years old 2:45-3:15pm Carpet Studio Erynn & Zoe		YOGA 5-7 years old 3:30 - 4:00pm Wood Studio Erynn PEE WEE SOCCER 3-4 years old 3:30-4:00pm Gymnasium Leah & Zoe	PEE WEE SOCCER 3-4 years old 4:00-4:30pm Gymnasium Leah & Zoe		PEE WEE SOCCER 4-5 years old 4:30-5:00pm Gymnasium Leah & Zoe	
THURSDAY		KID GYM 3 - 5 years old 10:15-10:45am Carpet Studio Naomi & Holly		PLAY WITH ME Walking - 2 years old 10:45am-11:15am Carpet Studio Naomi & Holly *Parent must attend				ALL ABILITIES GYMNASTICS Ages 4 & up 3:00- 3:30pm Carpet Studio Jacqui, Amanda & Mackenzie	LEVEL 1& 2 GYMNASTICS 5 & up 3:30 - 4:15pm Carpet Studio Jacqui, Amanda & Mackenzie DODGE BALL 5 & up 3:30 - 4:00pm Gymnasium	SOCCER 6 - 7 years old 4:00—4:30pm Gymnasium	LEVEL 3 & 4 GYMNASTICS COMBO 6 & up 4:15-5:00pm Carpet Studio Jacqui, Amanda & Mackenzie	GROUP GAMES/ KICKBALL 5 & up 4:30-5:00pm Gymnasium	
FRIDAY	EARLY LEARNING Walking to 2 years 9:15-10:15am Multipurpose Room Kristina & Robynn		EARLY LEARNING 2 - 3 years 10:30-11:30am Multipurpose Room Kristina & Robynn					MARTIAL ARTS 4-6 years old 3:00-3:30pm Carpet Studio Sensei Mehran	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	
SUNDAY		KID GYM 3 - 5 years old 10:15-10:45am Carpet Studio Jacqui, Mackenzie & Scarlett		PLAY WITH ME Walking - 2 years old 10:45am-11:15am Carpet Studio Jacqui, Mackenzie & Scarlett *Parent must attend					New Classes this session! New/added times!				