

Fall 2019 Kid's Exercise Classes

September 16th - November 22nd



Ballet I: Ages 4 –5, 5 –7 years old. Dancers will learn the fundamentals of classical ballet focusing on technique, body placement, vocabulary and musicality.

Group Games: Ages 5 & 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.

Jump & BOSU: Ages 6 - 9 years old . This class will use the jump ropes and BOSU balls for a fun, high energy class.

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 - 4 years old. Start your preschooler learning the fundamentals of soccer through fun drills & games.

Pre Ballet: Ages 3– 5 years old. Preschool dancers will be inspired with the world of ballet through creative movement and improvisation. Dancers will focus on body positioning, balance and fundamentals of vocabulary.

Racquetball: Ages 6 - 8, 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 5 & 6. 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.

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 3 –4, 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.

Lottery pick for Fall Classes
REGISTRATION FORMS DUE

Class enrollment available
Register if you missed the lottery
Register for multiple classes
1st day of class

Monday, August 26th -Sunday, September 1st
Sunday, September 1st

Tuesday, September 3rd
Tuesday, September 3rd—Sunday September 8th
Monday, September 9th
Monday, September 16th

DROP IN CLASSES -

Early Learning: Play based STEAM 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.

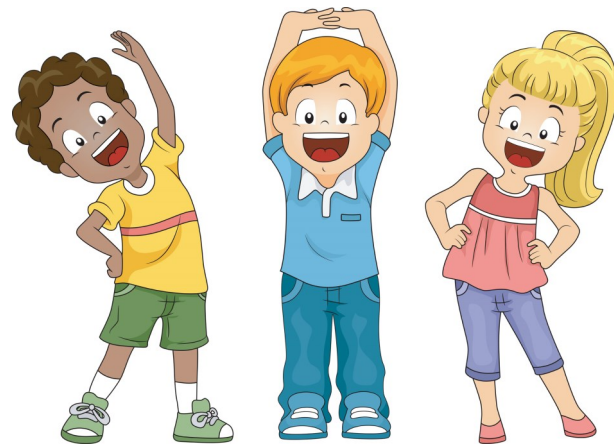
Kid Gym: Children use locomotor skills, tumble, play group games, sing songs, climb on an obstacle course, and play with manipulatives (balls, hoops, bean bags, etc). Children may be brought from childcare or by parents. Kid Gym is an ongoing, drop-in basis.

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.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26 AUG Lottery Pick	27	28	29	30	31	1 Sept Lottery forms due!
2	3 Class Enrollment Available	4 Members that did not participate in the lottery may register for their child's first class at Activities beginning September 3rd		5	6	7
9 Additional Class Enrollment	10	11	12	13	14	15 Children may be registered for additional classes beginning September 9th. 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.
16 1st day of Classes	17	18	19	20	21	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
Claudia Florian-Mc Caffrey
Del Villanueva
Eric Olafsson
Leah Vachani
Welcoming - Luana Nietschy
Kristina Christensen
Mackenzie Forkas
Mehran Shahkar
Zoe Smith
Naomi Renbarger
Robynn Van Otten
Scarlett Mosher



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 Marital Arts 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 Fall 2019

POLICY AND PROCEDURE REMINDERS

Oakwood offers over 40 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 October 6th

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.

Early Learning STEAM

Play based learning classes for some of our littlest members! Participate in STEAM activities: Science, Technology, Engineering, Art & Math!
Circle time, projects, and activities to develop fine and gross motor skills!
Children may participate if they have Childcare reservations or on a drop-in basis. Space is limited so parents should call day of to secure a spot, regardless of Childcare reservations.

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

Youth Open Squash

Thursdays
4:15pm - 5:00pm

Ages 7 & 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

