

## POLICY AND PROCEDURE REMINDERS

Children must be registered through the Front Desk or through the Member Login Portal prior to attending

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 7th.

### 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. 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.

### Additional Policies

- Children must be accompanied and supervised by a parent or legal guardian at all times.
- Parents must remain at the Club during Kids' classes.
- 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.

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.



# FALL 2024 KID'S EXERCISE CLASSES

SEPTEMBER 23RD - NOVEMBER 22ND

Sign-ups begin Monday, September 9th  
Please register for one class only per child.

September 16th you can sign up for  
additional classes.

There will be no classes on Monday, November 11th.



# Fall 2024: September 23rd - November 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00pm	<b>PEE WEE SOCCER</b> 4 - 6 years old 3pm - 3:30pm Aiden (Gymnasium)	<b>KID GYM</b> 3 - 5 years old 3pm - 3:30pm Matt (Carpet Studio)		<b>BOUNCE / BOSU</b> 5 - 7 years old 3pm - 3:30pm Matt (Carpet Studio)	<b>PEE WEE SOCCER</b> 4 - 6 years old 3pm - 3:30pm Aiden (Gymnasium)
3:30pm	<b>SOCCER ALL-STARS</b> 7 - 10 years old 3:30pm - 4:15pm Aiden (Gymnasium)	<b>KID GYM</b> 5 - 7 years old 3:30pm - 4pm Matt (Carpet Studio)			<b>PEE WEE SOCCER</b> 4 - 6 years old 3:30pm - 4pm Aiden (Gymnasium)
4:00pm			<b>BASKETBALL I</b> 5 - 7 years old 4pm - 4:30pm Sean (Gymnasium)		<b>SOCCER ALL-STARS</b> 7 - 10 years old 4pm - 4:45pm Aiden (Gymnasium)
4:15pm	<b>RACQUETBALL</b> 10 - 13 years old 4:15pm - 5pm Del (Racquetball Court)				
4:30pm		<b>TWEEN CONDITIONING</b> 10 - 15 years old 4:30pm - 5:15pm James (Gymnasium)	<b>BASKETBALL II</b> 7 - 12 years old 4:30pm - 5pm Sean (Gymnasium)		

## Pee Wee Soccer

Start your child learning the fundamentals of soccer through fun drills & games! Gymnasium

Monday	3pm - 3:30pm	4 - 6 years old	Aiden
Friday	3pm - 3:30pm	4 - 6 years old	Aiden
Friday	3:30pm - 4pm	4 - 6 years old	Aiden

## Soccer All-Stars

Hone your game skills inside with dribbling, passing, and scoring! Gymnasium

Monday	3:30pm - 4:15pm	7 - 10 years old	Aiden
Friday	4pm - 4:45pm	7 - 10 years old	Aiden

## Racquetball

Learn the strokes and strategies of this exciting game. Drills to improve hand to eye coordination and locomotor skills are included. Equipment is provided. Racquetball Courts

Monday	3:30pm - 4:15pm	6 - 9 years old	Del
Monday	4:15pm - 5:00pm	10 - 13 years old	Del

## Kid Gym

Work on your balance and basic coordination skills, as children learn to hone their skills traversing an obstacle course and improving upon their physical stamina. Carpet Studio

Tuesday	3pm - 3:30pm	3 - 5 years old	Matt
Tuesday	3:30pm - 4pm	5 - 7 years old	Matt

## Tween/Teen Conditioning

Come work with one of our personal trainers and improve your condition/strength. Gymnasium

Tuesday	4:30pm - 5:15pm	10 - 15 years old	James
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## Basketball I

Start your child learning the fundamentals of basketball through fun drills & games! Gymnasium

Wednesday	4pm - 4:30pm	5 - 7 years old	Sean
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## Basketball II

Hone your game skills inside with dribbling, passing, and scoring! Gymnasium

Wednesday	4:30pm - 5pm	7 - 12 years old	Sean
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## Bounce & Bosu

Work on your agility and core strength with the BOSU Balance Trainer, using functional movements for a fun, high energy, full body work out. Carpet Studio

Thursday	3pm - 3:30pm	5 - 7 years old	Matt
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