

Kids' Fitness Schedule

Program Descriptions*

Tiny Fit: For infants 8 weeks and up and children 5 years and under. Located across from our membership desk. Infants have a special area designated with our Tiny Fit staff where they can safely roll, scoot, crawl, or waddle around. Age appropriate toys and equipment will be used while staff meaningfully engage with your child. Those 2-5 years have a large space to play. Whether in our morning or afternoon, our staff will follow a loose schedule including simple crafts and activities, music and movement, as well as organized play and free play.

GrownUP& Me: For children 3 years and under and their GrownUp; located in the Carpet Room with Sara on Tuesdays and Cathleen on Fridays. Try both classes as each instructor has her own approach to this partner class. Children love to move, play, and be cuddled and loved. They learn about their world through exploration and experience. This is an opportunity to engage with your little one in a new way and by actively participating in their new discoveries together. Using music, nursery rhymes, books, and other props and tools, we explore and play creatively and imaginatively to make meaningful connection between adult and child. Bring your own mat and a blanket for your little one or we can provide those for you! This is a sock-friendly environment so please remember to wear socks for adult and child.

Music & Movement: For toddlers ages 2-5; located in the Tiny Fit Room but may move to the Kid Fit room as a part of the class for some adventure and exploration. Instructors Andrea and Cathleen will facilitate this class on Wednesday and Friday mornings, respectively. This class introduces children of pre-school age to different music styles, movements that coordinate with the music, fosters independence as well as group cooperation and interaction, and it gets kids moving! There are so many benefits to music & movement so bring your little one and they'll have a silly time!

Fun in Kid Fit: For toddlers ages 2-5 years; located in the Kid Fit Room with Michele. Kids should get ready to have some fun with Miss Michele and all their friends. This program will involve energizing music, fun games, exciting learning opportunities, and playful physical activity in a relaxed group format. If your child has uber-amounts of energy this is the program for them!

Kid Fit: (See schedule for hours by age group) For ages 2-5 years and ages 6-11 years; located in the Kid Fit Room. This is free play time for children (grownups are welcome to stay on Sundays) in our Kid Fit Room designed for imaginative and unlimited play in a fun, dynamic, and vibrant environment. Explore, run, ride, jump, climb, and just play!!! Play one of our active Wii games on your own or with some friends (no sitting allowed)! It is a sock friendly environment and they are a MUST, so please remember to wear socks and have loads of fun!!!

Dynamic Fit: For ages 2-5 years and located in Tiny Fit with Rebecca. Be ready to move through fun and play with individual accomplishments and group cooperation. This class will have kids engaged from start to finish with a variety of movements and challenges focusing on balance, agility, and motor skills!

Yoga: Classes for ages 2-5 years, 5-10 years, and 11-17 years. Located in the Carpet Room with Cathleen. Each session is specifically designed to inspire movement, breath, and mindfulness of each age group. Blocks, bolsters, and blankets are available for use during class. Bring your own mat or one can be provided.

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Program Descriptions* Continued

Getting Stronger: For girls' ages 11-14 years; located in the Carpet Room with Michele. Empowering girls, teaching them about fitness, nutrition, and healthy living, and setting up a platform for a healthy lifestyle in the future are the purposes of this class. This is a chance to explore fitness in a whole new way specifically designed for our girls and offering a physical fitness education, participation, and discussion on different topics each week (i.e. Strength week, Cardio week, Yoga and Stretching week, etc.).

Burpees are Fun; for Teens and those in BeTween: For ages 8-12 with Rebecca in the Carpet Room: For ages 13-17 years, located on the half-court in the gymnasium with Tami. Kids in middle school and high school engage in a variety of cardiovascular exercises. These classes utilize a variety of age-appropriate equipment to encourage youth to explore their options and preferences for cardiovascular exercise. Discussions about the role of warm up, cool down, and the importance of physical activity in daily life will be a core component while remaining active throughout the whole session. These classes can be a foundation for youth to develop a healthy lifestyle for a lifetime.

Open Gym: Utilize the gym's open space to run, play basketball, or practice your favorite sport.

*Reserved from 5:00-6:00pm for Army Training every 1st Tuesday of the month.

Family Pickleball: For ages 10 and up; located in the Gymnasium and facilitated by the CNY Pickleball North Volunteers. The nation's fastest growing sport and perhaps the most enjoyable game that all ages can play together. Each Sunday the gym is open to families for the easy-to-learn game of Pickleball. This light paddle sport combines elements of badminton, tennis, and table tennis for a dynamic game that every one of all ages can play! Instruction available at 8:30am and 10:30am and available as needed. If you already know the game, come and spend some family time having fun and being physically active. Loaner equipment will be made available by the CNY Pickleball North volunteers.

*Ages are provided as a suggestion. If you feel you or a youth would benefit from this program that is not within the described age range please contact the facility or the instructor for further discussion. Cicero Family Fitness staff desire for all youth to have the opportunity to participate in programs where they will experience positive impacts toward their wellness and quality of life.