



# 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. In the morning our staff will follow a loose schedule including simple crafts and activities, music and movement, as well as organized play and free play. In the afternoon and evenings, things are more laid back and staff will facilitate simple crafts and activities along with organized and free play.

GrownUP& Me: For children 3 years and under and their GrownUp; located in the Group Fit Too 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 or we can provide one 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. Tiny Fit Staff will facilitate this class Monday through Thursday mornings with Cathleen, our special instructor on Friday mornings. 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!

Dynamic Fit: For ages 2-5 years and located in Tiny Fit with Michele in the morning and Rebecca in the evening. Be ready to move to energizing music while using imaginative games 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!

Kid Fit: For ages 6-11 years; located in the Kid Fit Room. This is free play time for children 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!!!

Yoga: Classes for ages 2-5 years, 6-10 years, and 11-17 years. Located in the Group Fit Too 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.

Getting Stronger: For girls' ages 11-14 years; located in the Group Fit Too with Melissa. Register prior to the start of the new schedule at the front desk. A 6-week session will be held if 4 or more individuals register. 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.).

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## Program Descriptions\* Continued

Burpees are Fun: For ages 6-11 years with Rebecca in the Group Fit Too Room: Kids engage in a variety of cardiovascular exercises. These classes utilize a variety of strategies for play and movement, as well as age-appropriate equipment to encourage youth to explore their options and preferences for cardiovascular exercise without even realizing they are working. 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 amusingly 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.

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 10:00am 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.