

Kidz Schedule*

KIDZ KLUB Classes (for member's children)

Big Kidz (member's children)



Monday 8 am - 7:30 pm

Little Learners
9:15-10:00
Creative Movement
10:30-11:00

Wacky Waves
10:00-11:00



Tuesday 8 am - 7:30 pm

Little Learners
9:15-10:00

Wacky Waves
10:00-11:00 am

**Outdoor Playtime each day
for children in the Kidz Klub!
(weather permitting)**

Wednesday 8 am - 7:30 pm

Little Learners
9:15-10:00
Creative Movement
10:30-11:00

Wacky Waves
10:00-11:00 am

**Big Kidz RACQUETBALL
Drop-in Sessions
Oct-May 4:00-5:00 pm**

Thursday 8 am - 7:30 pm

Little Learners
9:15-10:00

Wacky Waves
10:00-11:00 am

*Check out the
Revolution
Room!*

Friday 8 am - 7:30 pm

Little Learners
9:15-10:00

Wacky Waves
10:00-11:00

Saturday 9:00 am - 12:00 pm June-Sept
8:30 am - 3 pm Oct-May

Sunday 8:00 am -12:30 pm

* Schedule is subject to change.
(class descriptions on back)

Revised 12/10/07

Descriptions of "Kidz Programs"

Family Swim Time: Family Swim is a great way for the whole family to have fun and exercise together. Please use the large shallow lane to play and swim during Family Swim Times Only! No extra charge.

Creative Movement: Playful, structured, imaginative activities for *potty-trained* children 3 & up. Look for this class in the fall! Each exciting class builds listening skills and coordination while emphasizing cooperative play and encourages new friendships. The classes are structured to support imaginative play while developing gross and fine motor skills. Yoga and pre-gymnastic skills will be explored as well as kicking and throwing foam balls in a noncompetitive environment. Imagine the enthusiasm of a child when they are read a story about jungle animals and are then guided to the world of "Make Believe". Children become lions, flamingos, turtles and giraffes all while learning basic dance, yoga and pre-gymnastic skills. (Kidz class voucher available at Front Desk)

Little Learners: This class will focus on building preschool skills such as listening, letter and number recognition, cutting and pasting, and rhymes. Each class will practice a different skill. Please refer to the KIDZ KLUB bulletin board for the scheduled activity. Since this class will often involve the use of glue and/or paint, a smock or old t-shirt with your child's name on it is recommended. Ages 3-6 (Kidz class voucher is available at the Front Desk.)

Story Time: This program is for children ages 3½ and up. Look for this class in the fall! They will be read a story followed by coloring or musical activity. Plan to arrive in the KIDZ KLUB 15 minutes before class. (Kidz class voucher available at Front Desk)

Wacky Waves: 45 minutes of supervised splashing fun! Kidz ages 4 and up who are capable of swimming on their own or with bubbles, able to dress themselves and are completely toilet trained. Please have child arrive with bathing suit under clothes. (Kidz class voucher available at Front Desk)

Outdoor Play Time: At various times throughout the day children will be given the opportunity to play in our outdoor play area (weather permitting). No extra charge for children in the care of the KIDZ KLUB staff.

Big Kidz. Classes (ages 6-12)

Big Kidz. Racquetball: Come learn the basics of racquetball and join in a few friendly games in this 60 minute class for ages 6- 12. (Kidz class voucher available at Front Desk. Runs Oct - May)

KIDZ CLUB INFO:	Ages: 8 Weeks - 12 years are always welcome	Cost:
Hours: Monday - Friday 8 am-7:30 pm Saturday 8:30 am-3 pm Oct-May Saturday 9:00 am- Noon June-Sept Sunday 8:00 am - 12:30 pm	\$5.00 per child per visit (2 hour limit per day)	
Parents must have picture ID on file. Child is only released to the person who drops off unless a release is signed and dated. Pick-up person must show an I.D.. Parents must remain in the club. 2 Hour Limit.	Monthly EFT Option includes unlimited 2 hr KIDZ KLUB visits and the following Kidz Classes: Wacky Waves, Story Time, Little Learners, and Creative Movement.	\$30 per month 1st child, \$45 per month 2 or more siblings.

Please Note: Children under the age of 12 must be supervised in Salem Athletic Club at all times. Under *direct* parental supervision, children are welcome to use the racquetball courts and the pool during Family Swim. Children under the age of 12 are prohibited from using the Weight Room, Cardiovascular Area and Spinning Room. Any child under the age of 12 who is found unsupervised will be escorted to a supervised program or brought to the KIDZ KLUB.

Kidz Class Fees:
\$5.00 single class voucher