



TEAM KIDS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Start Date: 1/6/20 End Date: 3/9/20	Start Date: 1/7/20 End Date: 3/12/20	Start Date: 1/8/20 End Date: 3/14/20	Start Date: 1/9/20 End Date: 3/12/20		Start Date: 1/11/20 End Date: 3/14/20	Start Date: 1/12/20 End Date: 3/15/20
Soccer Fundamentals: (6-12 years old) 6:15pm-7:00pm	Kids Sports Performance: (6-12 years old) 5:45pm-6:15pm	Tumbling: (4-12 year old) 6:15pm-7:00pm	Kids Sports Performance: (6-12 years old) 5:45pm-6:30pm		Parents & Child Zumba: (4-12 years old) 10:45am-11:30am	Soccer: (4-6 years old) 9:30am-10:15am
Ballet: (4-12 years old) 6:30pm-7:15pm		Kids Create Arts & Crafts Jan 8th-29th (4-12 years old) 5:15pm-5:45pm Pre-paid class for all <i>Using Shapes to make Winter Art</i>	Soccer: (7-12 years old) 6:15pm-7:00pm		Tumbling: (4-12 years old) 10:15am-11:00am	Ballet: (4-12 years old) 10:15am-11:00am
		Lego Art: Winter Builds (6-12 years old) 6:00pm-6:45pm				

Class Descriptions

Parent-Child Zumba: Team85 Kids Zumba classes are designed to combine movement, music, community, and a healthy lifestyle for children. The classes are rocking, high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love.

Zumba inspires kids to express themselves through movement and play while effectively improving their overall health and well-being. Parents love it because of the effect it has on kids: increasing focus, building self-confidence, boosting metabolism, creating nutritional awareness and enhancing coordination.

Beginner Soccer: Kids will learn the basic soccer skills, dribbling, passing, stopping the ball, and shooting. This class is great for 4-12 years old beginners.

Sports Performance: Team 85 Kids Sports Performance teaches the four phases of the sports, provides injury prevention training, time management skills, explosiveness, speed, athletic skills training, psychological preparedness, and essential routines to make sure your child succeeds.

Playing sports has a range of physical, emotional, and interpersonal benefits: Better vision. Healthy weight. Motor skills development. Social skills development. Self-confidence. Sportsmanship. Fun and enjoyment. Friendship.

Kids Tumbling: Beginner tumbling will work on strengthening handstands, cartwheels, bridges, and rolls, as well as drills for round offs and walkovers.

Arts & Crafts: This is a pre-paid class. Must register before the class. This is a 4 week session. Let your child's creativity come out. We have fun seasonal crafts to do during that given time! The children can take home these crafts when completed.

Ballet: Ballet is the art of dance requiring strength, resilience, elegance and grace all at once. Dancers will learn the basics of ballet, including the 5 fundamental positions, in a fun and relaxed atmosphere.

Beginner Basketball (Coming): Introduction to basketball: Kids will learn the basic skills of basketball, dribbling, passing, and catching, & shooting. This class is geared towards beginners only.

Yoga: Yoga is an ancient healing practice known to calm the body, mind, and emotions. In this playful yoga class designed especially for elementary-aged children, children will learn yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills, improve concentration, and give children the tools to manage stress in their daily lives. Games, stories, and music will be incorporated into this fun, non-competitive class. Each class ends with a period of relaxation.



Policies

- **Registration** is required for all classes. Participants may only attend classes for which they are registered. Classes are offered for both members and non-members of Team85. Prices vary. Class times are subject to change. No refunds for missed classes. If the instructor has to cancel, a make up class will be held.
- **Attire** should not interfere with physical activity. All participants should wear athletic clothing and must wear sneakers. Children who wear flip flops, boots, Crocs, etc. will not be allowed to participate in the class. Children are not permitted to wear jewelry and hair must be secured up and out of the face.

- **Drop off/Pick up** for all classes is located in Team Kids in the main building. An instructor will pick up the participants and return them at the end of the class. A parent/guardian may escort their child to the class area, but children should not be permitted to walk through the club unaccompanied. No parents are permitted to stay in the programming room for the duration of the class times. No child who arrives more than 10 minutes late will not be admitted into class. No make-up classes will be scheduled for a late arrival. If the parent is not a member of the facility, the parent must remain on the premise during the class time in the sitting area.
- **Class Area** and equipment is off-limits to participants, parents, and siblings, unless under the direct supervision of an instructor. Absolutely no one is permitted in the class areas before the designated class time.