

KIDS PROGRAMS AT TRAIL POINT

**CLASSES BEGIN
JANUARY 22**



CLASS	AGE	DAY	TIME	PRICE
Parent Tot	2-3	Sat	9:15a - 10:00a	\$35/\$70
Kid's Bootcamp	3-4	Mon	9:15a - 10:00a	\$35/\$70
Duplo Club	3-4	Mon	5:00p - 5:45p	\$5 Member Only
Ballet	3-4	Sat	11:00a - 11:45a	\$35/\$70
Duplo Club	3-4	Sat	2:15p - 3:00p	\$5 Member Only
Duplo Club	3-4	Sun	11:00a - 11:45a	\$5 Member Only
Little Ninja's	3-5	Wed	6:00p - 6:30p	\$35/\$70
Little Ninja's	3-5	Sat	10:30a - 11:00a	\$35/\$70
Cheer & Tumble	3-6	Thu	5:30p - 6:15p	\$35/\$70
Tumble	5-8	Tue	5:30p - 6:15p	\$35/\$70
Spanish For Kids	5-8	Tue	6:30p - 7:15p	\$35/\$70
Chess for Kids	5-8	Fri	4:45p - 5:30p	\$35/\$70
Lego Club	5-12	Mon	5:00p - 7:00p	\$10 Member Only
Lego Club	5-12	Sat	1:00p - 3:00p	\$10 Member Only
Lego Club	5-12	Sun	11:00a - 1:00p	\$10 Member Only
Tae Kwon Do	5-Adult	Wed	6:30p - 7:15p	\$45/\$90
Tae Kwon Do	5-Adult	Sat	11:00a - 11:45a	\$45/\$90
Home School Gym	(6-9) (10-16)	Wed	1:00p - 2:00p	\$35/\$70
Girls Basketball Club	Up to 12	Sun	12:00p - 1:30p	Free for Member
Fun Yoga	7-10	Fri	5:45p - 6:30p	\$35/\$70
Hip Hop Breakdance	8-13	Wed	6:00p - 6:45p	\$35/\$70
Athletic Training	9-14	Tue	5:30p - 6:30p	\$35/\$70
Leadership for Girls	9-14	Thu	4:45p - 5:30p	\$35/\$70
Soccer Clinic (Beginner)	9-14	Thu	5:00p - 6:00p	\$35 member Only
Soccer Clinic (Intermediate)	9-14	Thu	6:00p - 7:00p	\$35 member Only
Basketball Clinic (Beginner)	9-14	Fri	5:00p - 6:00p	\$35 member Only
Basketball Clinic (Intermediate)	9-14	Fri	6:00p - 7:00p	\$35 member Only
Dynamic Junior	9-14	Sat	10:30a - 11:15a	\$45/\$90
Basketball Club	9-14	Sat	12:00p - 1:30p	Free for Member
Volleyball Clinic (Beginner)	9-14	Sun	3:00p - 4:00p	\$35 member Only
Volleyball Clinic (Intermediate)	9-14	Sun	4:00p - 5:00p	\$35 member Only
Womens Basketball Club	13-Adult	Sun	12:00p - 1:30p	Free for Member
Hip Hop Revolution	14-Adult	Tue	5:30p - 6:30p	\$35/\$70

Kids Sports, Fitness, Dance & Activity Class Descriptions

Athletic Training - A program designed to build muscle, become more flexible, and more explosive. Where youth can train out of season or maintain athletic abilities.

Ballet - Basic ballet moves working on coordination, motor skills and fun! Leotards, pink tights, leather or canvas ballet slippers required.

Basketball Clinic (Beginner) - Have fun and learn to play! Learn to dribble with both hands, shoot a layup, pass, jump stop, and the basics of team play!

Basketball Clinic (Intermediate) - Step up your game by improving your skills in the intermediate level where you will also learn defense on the court and playing on a team.

Basketball Club - Staff supervised each game 15 minutes long.

Chess for Kids- A fun and relaxed chess class that will cover all the basics of proper play while providing a solid foundation for future improvement.

Cheer & Tumble - Learn cheers, dance and stunts in our terrific program. This class is designed for girls and boys with or without prior cheerleading experience.

Duplo Club - Join our Duplo club specialty designed for small hands. Our weekly meetings will include a themed Lego build, where you can create your own master piece!

Dynamic Junior - kids will gain confidence strength, speed, agility in this fun, cross-fit type of class. (all fitness levels welcomed)

Leadership for Girls - Designed to provide girls opportunities to develop leadership skills, confidence and independence. Learn the necessary skills needed to navigate the challenges that can sometimes occur during the adolescent years.

Fun Yoga - Introduce yoga full of fun activities. Balance of quiet and active poses with games, playing, storytelling, drawing, simple breath, meditation and rest.

Girls Basketball Club - Staff supervised each game 15 minutes long.

Hip Hop / Breakdance - Easy, fun and step-by-step approach to learning the fundamentals of break dancing and hip hop.

Hip Hop Revolution - Easy, fun and step by step approach to learning the art of hip hop dancing.

Homeschool Gym - Learn about the many different fitness activities that encourages social interaction.

Kids Bootcamp - Kids will be introduced to fitness activities that will help develop large and small motor skills.

Lego Club - Join our LEGO club and hone your building skills. Our weekly meetings will include a themed Lego build, where you can create your own masterpiece!

Little Ninjas - This Tae Kwon Do class tailored especially for preschoolers focuses on the basic elements of this ancient art.

Tae Kwon Do - Gain a strong foundation to build on. This art develops discipline, concentration, confidence and leadership. Family participation encouraged.

Parent Tot - Develop large and small motor skills in a fun setting. Age appropriate games along with sports and obstacle courses will be incorporated. Parents are encouraged to be in class to play along side their children.

Spanish for Kids - Elementary Spanish where students will learn to communicate in basic spanish including counting, colors, people and more.

Soccer Clinic (Beginner) - Gain technical skills and sport knowledge focusing on dribbling, passing, shooting and ball control.

Soccer Clinic (Intermediate) - Improve your skills, creating chances, art of finishing, improve attacking skills along with working with a team.

Tumble - Learn summersaults, cartwheels, and other simple tumbles in our terrific program. This class is designed for girls and boys with or without prior tumbling experience.

Volleyball Clinic (Beginner) - Designed to educate & prepare participants for the game of volleyball. Basic passing, setting, hitting and serving.

Volleyball Clinic (Intermediate) - Enhance your level of play! Jump Serve, dig, ready position, review fundamentals and returning play.

Womens Basketball Club - Staff supervised each game 15 minutes long.