

PROGRAMS AT TRAIL POINT

AQUATICS & WELLNESS

Programs Spring 2018
 Session Dates: April 2 – May 20

Member Registration: March 19
 Non-Member Registration: March 26



CLASS	AGES	DAY	TIME	PRICE
				Member/Non-Member
Parent Tot	2-3	Sat	9:00am-9:45am	\$35/\$70
Kids Bootcamp	3-4	Mon	9:15am-10:00am	\$35/\$70
Ballet	3-4	Sat	11:00am-11:45am	\$35/\$70
Little Ninjas	3-5	Wed	6:00pm-6:30pm	\$35/\$70
Little Ninjas	3-5	Sat	11:00am-11:30am	\$35/\$70
Cheer & Tumble	3-6	Thu	5:30pm-6:15pm	\$35/\$70
Lego/Duplo Club	4-12	Tue	6:30pm-7:30pm	\$10 - Members Only
Lego/Duplo Club	4-12	Sun	11:00am-12:00pm	\$10 - Members Only
Tumble	5-8	Tue	5:30pm-6:15pm	\$35/\$70
Tae Kwon Do	5-Adult	Wed	6:30pm-7:15pm	\$45/\$90
Tae Kwon Do	5-Adult	Sat	11:30am-12:15pm	\$45/\$90
Home School Gym	6-9 & 10-16	Wed	1:00pm-2:00pm	\$35/\$70
Girls Basketball Club	Up to 12	Sun	12:00pm-1:30pm	Free for Members
Fun Yoga	7-10	Fri	5:45pm-6:30pm	\$35/\$70
Hip Hop Breakdance	8-13	Thu	5:30pm-6:15pm	\$35/\$70
Basketball Clinic (Beg/Inter)	9-14	Fri	5:00pm-6:00pm	\$35/\$70
Dynamic Junior	9-14	Sat	10:30am-11:15am	\$45/\$90
Basketball Club	9-14	Sat	12:00pm-1:30pm	Free for Members
Women's Basketball Club	13-Adult	Sun	12:00pm-1:30pm	Free for Members
Hip Hop Revolution	14-Adult	Tue	5:15pm-6:15pm	\$35/\$70

Kids Sports, Fitness, Dance & Activity Class Descriptions

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

Basketball Clinic (Beg/Inter) - Have fun and improve your skills. Learn to dribble with both hands, shoot a layup, pass, jump stop, and learn defense on the court and playing on a team.

Basketball Club - Staff supervised each game 15 minutes long.

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.

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

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 - Reserved space for you to play basketball.

Hip Hop / Breakdance - Easy, fun and step-by-step approach to learning the fundamentals of break dancing and hip hop for ages 8-13.

Hip Hop Revolution - Easy, fun and step by step approach to learning the art of hip hop dancing for ages 14+.

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/Duplo Club - Join our Lego/Duplo club and hone your building skills by creating your own masterpiece!

Little Ninjas - This Tae Kwon Do class tailored especially for preschoolers focuses on the basic elements and becoming your inner ninja. You will also learn discipline and socialization skills.

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 alongside their children.

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.

Women's Basketball Club – Reserved space for you to play basketball.