



# TRAIL POINT PROGRAMS

## SESSION DATES

March 23 – May 3

## REGISTRATION DATES

Members: March 4

Non-Members: March 11

CLASS	AGE	DAY	TIME	PRICE PER SESSION Member/Non-Member
Duplo Club	3-4	Mon	4:15pm-5:00pm	\$12 - Members Only
Duplo Club	3-4	Wed	4:15pm-5:00pm	\$12- Members Only
Kids Bootcamp	3-4	Mon	9:15am-10:00am	\$40/\$80
Ballet/Jazz (Nicole's School of Dance)	3-5	Tue	5:00pm-5:45pm	\$40/\$80
Ballet/Jazz (Nicole's School of Dance)	3-5	Sat	10:00am-10:45am	\$40/\$80
Little Ninjas (Ankeny Academy of Martial Arts)	3-5	Thu	6:15pm-6:45pm	\$40/\$80
Cheer & Tumble (Nicole's School of Dance)	4-8	Tue	4:00pm-4:45pm	\$40/\$80
Cheer & Tumble (Nicole's School of Dance)	4-8	Sat	9:00am-9:45am	\$40/\$80
Lego Club	5-12	Mon	4:15pm-5:00pm	\$12- Members Only
Lego Club	5-12	Wed	4:15pm-5:00pm	\$12 - Members Only
Basketball Club	9-14	Sat	12:00pm-1:30pm	Free for Members
Tween Training	9-12	Tue	4:15pm-5:00pm	\$40/\$80
Tae Kwon Do (Ankeny Academy of Martial Arts)	6+	Thu	6:45pm-7:30pm	\$45/\$90
Runner's Club	12+	Tue & Thu	5:15am-6:15am	Free for Members
Volleyball Club	9+	Fri	4:00pm-6:00pm	Free for Members
Volleyball Club	16+	Fri	6:00pm-10:00pm	Free for Members
Hope Brigade (Chronic Illness/Cancer Support)	16+	Mon	5:45pm-6:45pm	Free for Members & Non-Members
Family Friendly Classes (Fam)	9-12	See Group Fitness Schedule		Free for Members
Triathlon Training (Tri Racers)	14+	See membership desk for details		\$25/\$50
Team Training	16+	Contact Drew Ness @ adness@mytrailpoint.com for Schedule & Pricing		Pricing Varies- Members Only
BOGAFit	Adult	Tue	5:15am-6:00am	\$10/\$20
BOGAFit	Adult	Thu	5:15am-6:00am	\$10/\$20

# 2020 Spring Program Descriptions

**Ballet/Jazz** – Exploring beginning movement in ballet and jazz. Building coordination and musicality while having fun! Leotards, tights and ballet shoes. Trail Point Aquatics & Wellness is partnering with Nicole’s School of Dance.

**Basketball Club** – Meet at Trail Point for staff supervised pick-up games.

**BOGAFit** - Fitness Regimen developed by combing best aspects of key proven movements. Think Boot camp and a little Yoga on the FITMAT on top of the water! You will sweat, laugh, and work hard all at once and in the H2O!

**Cheer & Tumble** - Learn cheer technique and beginning tumbling skills. This class is designed for boys and girls with or without cheerleading experience. Trail Point Aquatics & Wellness is partnering with Nicole’s School of Dance.

**Duplo Club** - Join our Duplo club especially designed for small hands. Weekly classes include a themed Duplo build to create your own masterpiece!

**Family Friendly Classes (Fam)** – These classes are reserved for adults and members 9-11 years old. If member is 9-11 years old a parent or guardian must be present **and** participate in class. Kids 8 and younger cannot be present in the studio during the class.

**Hope Brigade** – is a club for those living with or supporting those with chronic illness. Through community, education, and support, this club will provide valuable information on fitness, nutrition, and overall mind-body wellness.

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

**Little Ninjas** – This Tae Kwon Do class tailored especially for preschoolers focuses on the basic elements of this ancient art. Trail Point Aquatics & Wellness is partnering with Ankeny Academy of Martial Arts.

**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!

**Runner’s Club** – Meet and train with others in the running community.

**Tae Kwon Do** – Gain a strong foundation to build on. Develop discipline, concentration, confidence and leadership. Trail Point Aquatics & Wellness is partnering with Ankeny Academy of Martial Arts.

**Team Training** – Combines the benefits of 1:1 personal instruction in a small group setting. Workouts are designed to help participants achieve long-term progress and sustainable behavior change. Based on your goals choose from four different structure options:

- **LIFT:** Build Strength & Metabolism
- **SWIM:** Structured Adult Lap Swim
- **TRAIN:** Blend both Cardio & Strength
- **T60:** Balance, Posture, Flexibility & Strength with participants ages 60 & older

**Triathlon Training (Tri Racers)** - Features swim/cycle/run training sponsored by TriRacers of Iowa.

**Tween Training** – Tweens will have fun with a variety of exercises, games and PE type activities that improve strength, agility and cardio work. This 6-week program is professionally designed to teach proper form and technique to best help each individual Go FURTHER, Push HARDER, and Become STRONGER! Don’t miss out on this opportunity for your tween to begin to conquer their goals!

**Volleyball Club** – Meet with other volleyball enthusiasts that enjoy playing the game.