



YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Saratoga Springs

Youth & Family Exercise Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 am		Tot Playgroup (1 -2 yr olds) 45 min. Laura (G)		Tot Playgroup (2 -3 yr olds) 45 min. Laura (G)			
11:00 am			ROC-N-TOTS 60 min. Nicole G. (MPR) 				
4:00 pm					Twinkle Toes Ballet 55 min. TBA (MPR)		
4:30 pm	*Girls On The Run 60 min. Taraya & Nicole (MPR & T) All		*Girls On The Run 60 min. Taraya & Nicole (MPR & T) All				
5:00 pm	KidzYoga (5 – 8) 30 min. Betsy (MPR)		HipHop/Jazz (6 -9) 30 min. Tristina (MPR)				
5:30 pm	KidzYoga (9-13) 25 min. Betsy (MPR)				Ballet I & II 55 min. TBA (MPR)		

MPR = Multi –Purpose Room

AS = Aerobics Studio

- = A class will be cancelled if there are less than 5 people in attendance for 3 consecutive weeks.

**Program does not require an additional fee.*

Saratoga Springs Branch Class Descriptions

Ballet I & II – This is a new extension offered for the kids who are moving up in their skills. Focus will be on positions, terminology and incorporation of dance movements with a small “recital” at the end of the session. The kids will be grouped according to ability. The program is taught by Skidmore College Dance majors. Space is limited and registration is required. Full member \$50/ session; Program member: \$85/session

KidzYoga – Kidz will explore breath and postures through creative games! Full member \$25/session: Program member \$50/session

Girls On the Run – A 10 – week program that ends with a 5k Run/Walk, uses fitness and fun to learn about self-esteem, values, being respectful to ourselves and our communities, making difficult decisions and being true to who we are. We are looking for 4th, 5th and 6th grade girls who believe girls are smart, powerful, strong, fun, cool and would like to celebrate that fact with other girls who feel the same way.

HipHop/Jazz – Kidz will learn fun dance routines to popular hiphop music and end the session with a performance for family and friends! Full member \$25/session: Program member \$50/session

Tot Playgroups – A special fun time for children and parents. This program focuses on developing socialization and cooperation skills and includes free play, finger plays and stories. This is a great way for parents and children to spend time together and meet and interact with other friends. Grandparents, babysitters and nannies are welcome to participate. Full member \$31/session; Program member \$62/session.

Twinkle Toes – This is a co-ed program for 4 to 6 year olds. This program is designed to develop coordination, to increase spatial and rhythmic awareness and to provide a positive learning experience. Dance is presented in an imaginative and age-appropriate manner. By the completion of this class, children will have been introduced to ballet steps, terminology and the basics of dance. The program is taught by Skidmore College Dance majors. Space is limited and registration is required. Full member \$50/ session; Program member: \$85/session

Revision Date: 5/28/10
1:47 pm