













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. Shannon (G)		Tot Playgroup (2 -3 yr olds) 45 min. Shannon (G)			
11:00 am			ROC-N-TOTS 60 min. Nicole G. (MPR) 				
4:00 pm		FitKidz (6-9 yrs.) 45 min. Emma (AS) All			Twinkle Toes Ballet 55 min. TBA (MPR)		
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)		HipHop/Jazz (10-13) 30 min. Tristina (MPR)		Ballet I & II 55 min. TBA (MPR)		
6:30 pm		 Family Yoga 45 min. Angel (MPR)		 Family Dance Fitness 60 min. Armelle (MPR) (Beg. 11/5 th)			

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.

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

FitKidz – A fun-filled fitness program geared towards 6 to 9 year olds that want to be fit, learn, and have fun doing it. The class combines beginner fitness (utilizing anything from bands and running to circuit training) and healthy lifestyle tips to jump start youths into making better choices in the way of fitness and food. Every week provides a new experience. The participating youth will gain knowledge to better themselves in today's world.

KidzYoga – Kidz will explore breath and postures through creative games!

HipHop/Jazz – Kidz will learn fun dance routines to popular hiphop music!

Family Dance Fitness – Come and learn fun line dances that everyone in the family can learn and enjoy!

Family Fitness – A seven – week program for children ages 9 to 13, especially those who are at risk for being overweight. Children will attend this program twice weekly for 45 minutes to learn about making healthy food choices and ways to increase physical activity. Parents attend five separate weekly meetings (3 with your child) to receive information, skills and motivational guidance leading to improved food choices, physical activity and family support. A minimum of 5 families is required for this program to be held; the maximum is 10 families.

Family Yoga – Postures, partner work and giggles describe this special, positive energy class designed to bring busy families together.

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: 10/05/09
4:38 pm