



The Phelps Family Kidz Gym Schedule Description

ORIENTATION (Interactive and Strive Circuit) – We ask that each participate in the Kidz Gym go through an orientation for both the interactive equipment and the Strive circuit equipment.

- Interactive Orientations are done on the individual (s) first visit.
- Strive Circuit Orientations are offered Monday-Friday at 5pm and 6pm. Strive Orientations must be scheduled a minimum of 24hrs in advance.

Senior & Adult Circuit- This is a time for our adult members to come utilize the Strive strength training equipment and Interactive Gym. Every Monday and Friday from 9am.-12pm.

YMCA Preschool! –A structured Tumbling class for the Downtown YMCA'S Preschool department every Tuesday morning from 10:00am-11:00am

TUMBLING TOTS – Tues./Thurs. @ 9:00 am. and 9:30 am. for children who are dropped off in our (Child Watch). This is a fun beginner tumbling class for children ages 3 – 6 yrs old. Children are taught the basic fundamentals of tumbling.

TUMBLING ROOKIES – Tues./Thurs. @ 4:30 pm. and 6:30 pm. – an exciting beginner to intermediate tumbling class for children ages 7 – 14yrs old. Tumblers will progress through fundamental skills including: leaps, handstands, cartwheels and round-offs.

KIDZ ZUMBA – Mondays and Fridays @ 4:30 pm. and 5:30 pm. A Latin inspired 30 minute energetic kids' dance/fitness class where children learn the fundamentals of Latin American dance rhythms including: Salsa, merangue, cumbia, calypso, hip hop and more.

Xtreme Circuit- Mondays/Wednesdays and Fridays @ 6:30 pm. This fun and energetic circuit class will never stay the same. Instructors will incorporate strength training on our Strive equipment, sports drills, jump ropes, an obstacle course and more to give your child a fun filled, energetic cardiovascular and strength training workout. For ages 7-17. Participants must complete a Strive orientation prior to attending the class.

Fitnessgram-The Fitnessgram fitness testing was developed by the Cooper Institute in Dallas, TX. as a safe and fun way to measure your child's fitness level compared to the (HFZ) Health and Fitness Zone norms. Children age 5-17 will be tested on the five components of fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. Shortly following the test day parent's will receive a detailed printout explaining where your child's fitness level is based on the (HFZ). Trainers will explain and assess your child's individual results with you privately in order to highlight your child's strengths and any area that may be in need of improvement. Fitnessgram participants must register a minimum of 48 hours in advance. Tests are offered on Monday-Friday at 4:00pm and 7:00pm. Participants must have all registration forms completed and turned into Jennifer Keaton, Program Coordinator before testing can occur.

Xtreme Sportwall- Come play group games, participate in exciting contests all while working on speed, agility and accuracy by using our Sportwall. Offered Wednesdays at 4:30 and 5:30pm. Parents are welcome to play with their children on the Sportwall anytime the Phelps Family Kidz gym is open if there are no classes in session.

Kidz Club:

Is a fun structured program for children age 5 - 6 years old. Parents must sign-in and sign-out their child(ren) with a Kidz Club staff member every visit. Children will participate in fun, energetic games and activities that will change on a daily basis.

Kidz' Club hours are:

Monday-Friday 4pm-8pm
Saturday & Sunday No Kidz Club

Phelps Family Kidz Gym
Fall hours begin August ^{23rd}, 2010.

- KIDZ GYM will be closed
- Friday-Sunday September 24th, 25th & 26th.

RULES AND GUIDELINES for the IgyM

WARNING!!! GAMING IS ADDICTIVE PLAY AT YOUR OWN RISK!

1. An Orientation is required before using the interactive equipment and the circuit equipment.
2. YMCA Staff must be in the room when in use.
3. Youth 5 – 6 years must have adult supervision when using the interactive equipment. Programs for youth 5 – 6 (Kidz Club) will be scheduled.
4. Youth 5 - 12yrs old must be signed in and out by an adult that remains on YMCA premises.
5. PROPER shoes and clothing attire required. No flip flops/crocks or sandals. Sneakers only
6. No gum, food, or drink in the kids' gym. A Water fountain is provided.
7. There is a 1 hour time limit in the Kidz' gym. A 15 minute time limit on the interactive equipment may be enforced during peak times.
8. Please be courteous of others and limit your use to one game at a time while others are waiting.
9. No Profanity or obscene language.
10. This room is monitored by video camera.

STRIVE/YOUTH FITNESS Circuit area guidelines

1. The Youth Fitness Area may be utilized by youth 7 years and older with a minimum height of 3 feet 7 inches.
2. YMCA staff must be present at all times the area is in use.
3. An Orientation is required prior to using any equipment.
4. Please use locker cubbies for personal items. No personal items are allowed on the floors at any time. Locking your items in the locker rooms is highly recommended.
5. Proper exercise attire and athletic shoes are required. No jeans, sandals or flip-flops at any time.
6. NO GUM, FOOD, or drink in the Kidz gym.
7. Please use wipes provided to wipe down pads after use.
8. For everyone's safety, horseplay is strictly prohibited.
9. Please allow others to "Work In" with you when doing multiple sets.

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