

Clarksville Athletic Club Zone Activity Schedule Fall/Winter 2020-2021 Effective (9/1/20)

Ages 7y-13y

Monday-Friday 5:00pm-8:00pm

(The Zone will be open mornings from 9am-11am ONLY when CMCSS has scheduled school breaks)

Reservations required. Call or see service desk to reserve your child's spot in class. You may call up the three days in advance to reserve. Limited to 2 hours per day.

Children must be dressed and prepared to participate in activity. Athletic shoes only.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
*5:00	Circuit Fun (Zone)	Indoor Fun (Zone)	Sports Time Fun (Zone)	Relay Race Fun (track)	Free Play/Homework Help (Zone))
6:00	Self Defense with Mr. Richard (Zone)	Pickleball with Mr. Darby (Basketball Court)	Strength Training with Ms. Jennifer (Youth Fitness Room/Group X 2)	Self Defense with Mr. Richard (Zone)	Sports Time Fun (Zone))
7:00	Relay Race Fun (Track)	Free Play/Homework Help (Zone)	Fun Nutrition Games (Zone)	Wellbeats (Group X 2)	Circuit Fun (Zone)

See monthly special guest schedule