

# CLARKSVILLE ATHLETIC CLUB 2025 WINTER SCHEDULE (Effective 1/2/2025)

## Kid's In Motion Activity Calendar

Ages 4 years - 6 years

>>**NEW:** Age 3 ½ yr old's can be reserved & attend during the Fall/Winter Morning Classes!<<  
 (During CMCSS School Breaks & Holidays, 3 ½ yr olds will attend the Nursery during normal Nursery hours.)

**You may RESERVE UP TO THREE DAYS IN ADVANCE. Call 931-645-4313 or see the service desk to reserve your child's spot in class.**

Limited to 2 hours per day and 7 hours per week. Parent's must bring child to the restroom before dropping off/signing in to class. Athletic shoes only

+Water bottles are required+. Daily changes/outdoor activities will be added to the classroom door schedule.

^Please check monthly special guest schedule.

### \*ALL PARENTS MUST DOWNLOAD THE PROCARE CHILDCARE APP FOR SIGN IN/OUT\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4y-6y</b> <b>9:00am-10:00am</b> Circuit Fit & Fun Youth Fitness Rm	<b>4y-6y</b> <b>9:00am-10:00am</b> Ready, Set, Run! Track/YFRM	<b>4y-6y</b> <b>9:00am-10:00am</b> Movin-n-Shakin Youth Fitness Rm	<b>4y-6y</b> <b>9:00am-10:00am</b> Ready, Set, Run! Track/YFRM	<b>4y-6y</b> <b>9:00am-10:00am</b> Railyard Fitness Youth Fitness Rm	(Nursery)
<b>4y-6y</b> <b>10:00am-11:00am</b> Ready, Set, Run! Track	<b>4y-6y</b> <b>10:00am-11:00am</b> Railyard Obstacle Course Youth Fitness Rm	<b>4y-6y</b> <b>10:00am-11:00am</b> Floor Is Lava! Youth Fitness Rm	<b>4y-6y</b> <b>10:00am-11:00am</b> Youth Pump! Youth Fitness Rm	<b>4y-6y</b> <b>10:00am-11:00am</b> Sports Activities Youth Fitness Rm	(Nursery)
<b>4y-6y</b> <b>11:00am-12:00pm</b> Sports Activities Youth Fitness Rm	<b>4y-6y</b> <b>11:00am-12:00pm</b> Fun & Games Youth Fitness Rm	<b>4y-6y</b> <b>11:00am-12:00pm</b> Hoops & Ropes Youth Fitness Rm	<b>4y-6y</b> <b>11:00am-12:00pm</b> Food Pyramid Fun Youth Fitness Rm	<b>4y-6y</b> <b>11:00am-12:00pm</b> Fun & Games Youth Fitness Rm	(Nursery)
<b>4y-6y</b> <b>6:00pm-7:00pm</b> Floor Is Lava!  Youth Fitness Rm	<b>4y-6y</b> <b>6:00pm-7:00pm</b> Hoops & Ropes  Youth Fitness Rm	<b>4y-6y</b> <b>6:00pm-7:00pm</b> Sports Activities  Youth Fitness Rm	<b>4y-6y</b> <b>6:00pm-7:00pm</b> Circuit Fit & Fun/ Youth Pump! Youth Fitness Rm	(Nursery)	
<b>4y-6y</b> <b>7:00pm-8:00pm</b> Food Pyramid Fun Youth Fitness Rm	<b>4y-6y</b> <b>7:00pm-8:00pm</b> Relay Challenge Youth Fitness Rm	<b>4y-6y</b> <b>7:00pm-8:00pm</b> Fun & Games Youth Fitness Rm	<b>4y-6y</b> <b>7:00pm-8:00pm</b> Railyard Relay Youth Fitness Rm	(Nursery)	

**All 4y-6y must utilize K-I-M during above schedule time. Nursery will accept 4y-6y M-F 12p-1p/M-Th4p-6p/Friday 4p-8p/Saturday 8a-1p.**

**Circuit Fit & Fun:** Class will engage in age-appropriate cardio equipment to include- Small & Large Treadmills, Elliptical Glider, Stepper, Ab Twister. Additional stations are added and modified each class. Each station is demonstrated by the Youth Instructor to ensure proper form.

**Floor Is Lava!:** This popular game is created differently each class. The class will jump and climb over obstacles enhancing gross motor skills with the changing pathways.

**Food Pyramid Fun:** Class will learn to identify all the delicious food groups and how to create a healthy plate. Each class is created to learn about what each food group helps our body while performing an exercise/ obstacle course/ relay race during the activity.

**Fun & Games:** Instructors choice. Class will remain engaged and active during each activity.

**Hoops & Ropes:** Class will enjoy different games/obstacle courses using hula hoops and jump ropes. We will work on coordination, timing, rhythm, and agility.

**Movin-n-Shakin:** Music and Movement are the highlight of this class favorite! Music provides a creative outlet improving rhythm.

**Ready, Set, Run!:** If your child loves to run, this class is a must! Class will be shown the proper lane usage and track safety rules.

**Railyard Obstacle Course:** Class will enjoy running, jumping, shuffling, and crawling through the different railyard courses created.

**Railyard Fitness:** Class will learn new exercises and directional movements using the rails and bases. Railyard Fitness helps improve cardiovascular and muscular strength.

**Railyard Relay:** Class will learn how to work as a team during Railyard Relay! Railyard exercises are performed at an incline.

**Relay Race Challenge:** The instructor will divide class into teams and give them instructions on how to run, jump, crawl, bounce through the relay. Relays encourage quick thinking, teamwork, good sportsmanship. Multiple relay race activities are performed during this class.

**Sports Activities:** Class will learn beginning skills and drills with soccer, basketball, badminton, volleyball/beachball, balloon and racquet, Velcro ball, scooper ball, hockey, T-ball, and kickball. Stations and demonstrations are set up and explained during each class.

**Youth Pump!** Your child will learn age-appropriate body weight exercises. This class is offered in a variety of ways and modified by skill level and ability.