

# CLARKSVILLE ATHLETIC CLUB 2025 SUMMER SCHEDULE (effective 6-02-2025)

## Kid's In Motion Activity Calendar

Ages 4 years - 6 years

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. Children must be dressed and prepared to participate in the scheduled activity. NO LONG SLEEVES/PANTS.

PREPARE FOR WET ACTIVITIES DURING SUMMER CLASSES. Athletic shoes/close-toe swim shoes only. +Water bottles are required+. LIFE VESTS ARE

REQUIRED BY PARENT IN ORDER FOR CHILD TO PARTICIPATE IN SWIM TIME FUN. Sunscreen/Bug Repellent applied by Parent only.

^Please check monthly special guest schedule. During a Scheduled Special Guest, Class will not be scheduled outside during the hour block^

During Inclement Weather, Storms or High Heat Index, Class will be held inside.

**\*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> Sports Activities Youth Fitness Rm	<b>4y-6y</b> <b>9:00am-10:00am</b> Youth Pump! Youth Fitness Rm	<b>4y-6y</b> <b>9:00am-10:00am</b> Floor Is Lava! Youth Fitness Rm	<b>4y-6y</b> <b>9:00am-10:00am</b> Sports Activities Youth Fitness Rm	<b>4y-6y</b> <b>9:00am-10:00am</b> Railyard Jump Youth Fitness Rm	(Nursery)
<b>4y-6y</b> <b>10:00am-11:00am</b> Playground Water Play ^Playground	<b>4y-6y</b> <b>10:00am-11:00am</b> Playground Water Play ^Playground	<b>4y-6y</b> <b>10:00am-11:00am</b> Playground Water Play ^Playground	<b>4y-6y</b> <b>10:00am-11:00am</b> Playground Water Play ^Playground	<b>4y-6y</b> <b>10:00am-11:00am</b> Playground Water Play ^Playground	(Nursery)
<b>4y-6y</b> <b>11:00am-12:00pm</b> Swim Time Fun Outdoor Pool	<b>4y-6y</b> <b>11:00am-12:00pm</b> Swim Time Fun Outdoor Pool	<b>4y-6y</b> <b>11:00am-12:00pm</b> Swim Time Fun Outdoor Pool	<b>4y-6y</b> <b>11:00am-12:00pm</b> Swim Time Fun Outdoor Pool	<b>4y-6y</b> <b>11:00am-12:00pm</b> Swim Time Fun Outdoor Pool	(Nursery)
<b>4y-6y</b> <b>6:00pm-7:00pm</b> Relay Race Challenge ^Youth Fit Rm /Playground**	<b>4y-6y</b> <b>6:00pm-7:00pm</b> Movin-n-Shankin ^Youth Fit Rm /Playground**	<b>4y-6y</b> <b>6:00pm-7:00pm</b> Floor Is Lava! ^Youth Fit Rm /Playground**	<b>4y-6y</b> <b>6:00pm-7:00pm</b> Minute 2 Win It! ^Youth Fit Rm /Playground**	(Nursery)	
<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> Sports Activities Youth Fitness Rm	<b>4y-6y</b> <b>7:00pm-8:00pm</b> Youth Pump! Youth Fitness Rm	<b>4y-6y</b> <b>7:00pm-8:00pm</b> Food Pyramid Fun Youth Fitness Rm	(Nursery)	

**\*\*M-Th Outdoor Evening Playground Activities from 6:30p-7:00p are TBA during this class.**

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

## **Summer Schedule: Please see separate form with swim waiver during your next visit in K-I-M 4y-6y**

**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.

**Minute 2 Win It!**: Class will perform a variety of challenges in one minute!

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

**Playground Water Play**: Class will be taken outdoors to our playground with water guns, ankle deep kiddie pools, bouncers and more. Every Friday class will be offered watermelon to eat during class (with parent permission). Parents must be prepared to allow their child to get wet during this class. During inclement weather class will be held indoors.

**Railyard Jump**: Similar to the "Floor Is Lava" activity, class will navigate different pathways and directional movements using the railyard bases. Railyard Fitness helps improve cardiovascular and muscular strength.

**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.

**Swim Time Fun**: Class will have a blast swimming together inside our outdoor pool 3 ½ ft-4 ft and Kiddie Pool. The instructor is in the water with class the entire time. Child must come prepared with swimwear on under clothing, bag with towel/ puddlejumper, and sunscreen applied by parent. Parent's must fill out swim waiver and provide either a life jacket or puddle jumper. No arm floaties allowed even if child can swim independently. Safety rules are reviewed before each class before entering the pool. before entering the outdoor pool must prepared to swim in the outdoor pool. Small pool toys provided.

**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.