

CLARKSVILLE ATHLETIC CLUB 2025 FALL/WINTER SCHEDULE (Effective 9-2-2025)

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.

^Harris Holt Martial Arts will visit every 1st Monday of the month from 6:00p-6:30p.

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

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

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

Class Descriptions:

Balloon Bonanza: Class will enjoy brain-boosting activities such as, sports games, obstacle courses, physical skill attempts, and the famous “Keepy Uppy” game. Creating activities with balloons provides entertainment, personal growth, educational development, and emotional well-being.

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 for each class. Each station is demonstrated by the Youth Instructor to ensure proper form.

Floor Is Lava!: This popular game is created differently in 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 identify/learn about delicious fruits, vegetables, proteins, dairy, grains, and junk food. Class will discuss how each helps our body while performing an exercise/ obstacle course/ relay race during the activity. (Cooking classes TBD)

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

Hoops & Ropes: Hula hoops & Agility hoops are used to jump in/out, run around, and even practice a hula. Jump ropes are used to jump forward/backwards & side to side. Class will balance across, and crawl over. Each class will provide a fun new skill to master.

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

Railyard Obstacle Course: Railyard Fitness helps improve cardiovascular and muscular strength. Class will learn to side-shuffle, stork walk, bunny hop, bear crawl, crab walk, and spiderman hop over each rail in the course. Additional equipment is added to create a unique course for each class.

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

Ready...Set...Run!: (A.M only class) Class will begin inside the Youth Fitness room and include a warm-up activity and light stretching. The class will review track safety rules before entering the track lane. Class will take turns and run their personal best in the running lane.

Relay Race Challenge: The instructor will divide the class into teams and give them instructions on how to run, jump, crawl, bounce through the relay. Relays encourage quick thinking, teamwork, and 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.

~We look forward to working with your child!