

# KIDS PROGRAMS

## SPRING 1: APRIL 1- MAY 11

### Toddlers: Ages 12 months-3 Years

<b>MON</b>	Kid's Gym: Toddler Time	10:00-10:45am
<b>THURS</b>	Kid's Gym: Toddler Time	10:30-11:15am
<b>SAT</b>	Kid's Gym: Toddler Time	10:00-10:45am

### Preschoolers: Ages 3-6 Years

<b>MON</b>	Kid's Gym: Li'l Sports	11:00-11:45am
<b>TUES</b>	Lil Hip-Hop (Ages 5-8)	4:30-5:15pm
<b>WED</b>	Dance Combo	4:30-5:15pm
	Tumbling	4:30-5:15pm
	Soccer	5:00-5:45pm
<b>THURS</b>	Kid's Gym: Li'l Sports	9:30-10:15am
	Kid's Gym: Li'l Sports	4:30-5:15pm
<b>FRI</b>	Youth Martial Arts	5:30-6:00pm
<b>SAT</b>	Kid's Gym: Li'l Sports	11:00-11:45am

## KIDS NIGHT OUT!

OPEN TO CHILDREN AGES 5 AND UP

Kids will enjoy a night of fun and games with plenty of adult supervision while you enjoy a night out. There will be pizza dinner, gym games, art & crafts, healthy snacks, and tons of fun!

**FRIDAY MARCH 8, 2024**

5:30PM-8:30PM

Fee: Members  
1st Child - \$25  
Additional Child - \$20

Fee: Non- Members  
1st Child - \$30  
Additional Child - \$25

### Youth: Ages 7-14 Years

<b>TUES</b>	Hip-Hop 1 (Ages 9-12)	5:15-6:00pm
<b>WED</b>	Tumbling (Ages 6-8)	5:15-6:00pm
	Tumbling (Ages 8-10)	6:00-6:45pm
	Soccer	5:45-6:30pm
	Youth Circuit Training	5:00-5:45pm
<b>FRI</b>	Youth Martial Arts	6:15-7:00pm

## SPRING BREAK HOLIDAY CAMP

Help keep your kids active over spring break! All Sport Health and Fitness offers kids ages 5 - 12 a safe, fun place to be while you are working. Activities include sports, games, swimming, arts & crafts, and more.

**MARCH 26- APRIL 1, 2024**

8:00AM TO 5:30PM

Fee: Members  
1st Child - \$75/day  
Additional Child - \$65/day

Fee: Non- Members  
1st Child - \$85/day  
Additional Child - \$75/day

**SAVE THE DATE!**  
**SPRINGFEST 2024**  
**APRIL 27TH**

**Registration begins March 13th for Members**  
**March 15th for Non-Members**

**ALLSPORT KIDS!**

For more information or to register  
call or visit the Front Desk.

#845-896-5678 • info@allsporthealthandfitness.com

# CELEBRATE YOUR BIRTHDAY WITH ALL SPORT!

\$300 FOR MEMBERS    \$325 FOR NONMEMBERS

\*100 NON-REFUNDABLE DEPOSIT REQUIRED

Our party packages make the day easy on parents and fun for kids! Our friendly hosts handle the entire set-up, clean up and everything in between! We have something for all ages. Each 90 minute party for up to 15 children includes a 60 minute activity.

## PARTY THEMES

KIDS CLUB PARTY	FUN AND GAMES
POOL PARTY	NERF DART TAG
SPORTS PARTY	DANCE PARTY

**DON'T WAIT! RESERVE A PARTY DATE TODAY!**

# SCHOOL-AGE CHILD CARE

The All Sport Health & Fitness School-Age Child Care offers supervised before and after-school programs for kids in Kindergarten through 6th Grade. Led by experienced staff, children enjoy structured activities like sports, games, swimming, arts and crafts, and homework help in a safe and fun environment.

## REGISTRATION FOR THE 2024-2025 SCHOOL YEAR IS OPEN!

Choose from before and/or after school care from 3-5 days a week

**7:00 AM UNTIL SCHOOL BEGINS**

**-AND-**

**DISMISSAL UNTIL 6:00 PM**

Transportation requests must be submitted by April 1, 2024.

# CAMP FIT

## REGISTRATION IS NOW OPEN!

Calling kids ages 4-12!

Prepare to have more fun this summer through play, exploration, and learning! Located on a 5+ acre outdoor park, Camp Fit offers the perfect camp setting for campers to make new friends, develop new skills, experiences, appreciate the outdoors, and have FUN!

## CAMP SEASON IS JUNE 26-AUGUST 30

Members \$290/week Non-Members \$320/week

## TAKE YOUR SWIM SKILLS TO THE NEXT LEVEL WITH OUR SWIM CLINIC!

SIGN UP FOR OUR SWIM CLINICS THIS SUMMER!  
FOR KIDS 8 YEARS OLD AND UP

SESSION 1: JULY 8 - 12    SESSION 2: JULY 15 - 19

# LIFEGUARD TRAINING

## MUST BE 15 YEARS OLD

American Red Cross Blended Lifeguard Training Course  
This blended learning course combines online learning with on-site skill sessions where you practice skills and demonstrate your competency. Students will be taught the proper rescue and safety skills necessary to lifeguarding in swimming pool environments. Must attend all classes and complete online work between classroom sessions.

### Pre Test:

**Tuesday, March 12, 2024 4:30 - 8:00PM**

## DATES/TIMES

Tues. 3/12 4:30-8:00pm    Thurs. 3/30 4:30-7:30pm

Thurs. 3/14 4:30-8:00pm    Tues. 4/2 4:30-7:30pm

Tues. 3/19 4:30-8:00pm    Thurs. 4/4 4:30-7:30pm

Thurs. 3/21 4:30-8:00pm

**MEMBERS : \$425    NON-MEMBERS: \$450**

# ALLSPORT KIDS!

For more information or to register  
call or visit the Front Desk.

#845-896-5678 • info@allsporthealthandfitness.com