

| Kids Programs     |  |  |  |  |                                |  |                                  |
|-------------------|--|--|--|--|--------------------------------|--|----------------------------------|
|                   | Monday                                       | Tuesday                                      | Wed  | Thursday                                     | Friday                         | Saturday                                     | Sunday                           |
| 9:00 a.m.         |  | <u>Moms and Tots</u> -<br>Gymnasium          |  | <u>Moms and Tots</u> -<br>Gymnasium          |                                |  |                                  |
| 10:00 -11:00 a.m. |  |  |  |  |                                | <u>KAT</u> -<br>Education<br>Rooms<br>(60 m) |                                  |
| 1:00 p.m.         |  |  |  |  |                                | <u>Family Swim</u><br>1:00- 7:00             | <u>Family Swim</u><br>1:00- 7:00 |
| 5:30 - 6:00 p.m.  | <u>Kid's Fit Camp</u> -<br>Education<br>Room | <u>Kid's Fit Camp</u> -<br>Education<br>Room | <u>Kid's Fit Camp</u> -<br>Education<br>Room | <u>Kid's Fit Camp</u> -<br>Education<br>Room |                                |  |                                  |
| 6:00 - 6:45 pm    | <u>KAT</u> -<br>Education<br>Room            | <u>KAT</u> -<br>Education<br>Room            | <u>KAT</u> -<br>Education<br>Room            | <u>KAT</u> -<br>Education<br>Room            | <u>Family Swim</u><br>6p-7:30p |  |                                  |
| 6:45 - 7:30 pm    | <u>Game Night</u> -<br>Education<br>Room     | <u>Game Night</u> -<br>Education<br>Room     | <u>Game Night</u> -<br>Education<br>Room     | <u>Game Night</u> -<br>Education<br>Room     |                                |  |                                  |

## Institute for Healthy Living Kids Programs

### Healthy Living Hideaway

Where children **12 and under** have an invigorating, fun, active, nurturing and safe environment to interact. Gym time for running and games, STOMPercise, and arts bring out the youthful energy in this age range.

**Reservation** required for infants 0-12 months. Call (903) 323-6513

**Hours of Operation:** Monday - Friday 8 a.m. - 8 p.m.

Saturday 8 a.m. - 6 p.m.

### Gymnasium

Children 12 to 14 years may be in the gymnasium if the parent is in the building. Children 10 and 11 may be in the gymnasium with their parent.

### Upstairs Fitness Floor/Group Exercise Classes

Children 11 years and under are not allowed upstairs and must have direct parental supervision when not in the Healthy Living Hideaway. Children 12, 13 and 14 years are allowed upstairs only with direct parental supervision.

Children 15 years and older may use entire facility without supervision.

### Outdoor Track

Open to all kids under the age of 15 with direct parent supervision. Strollers are allowed.

### Kids Programs

#### **KAT – Kids Athletic Training** (held in downstairs education rooms)

- ❖ 45-60 minutes of athletic drills focusing on improving agility, endurance, strength, speed, balance, coordination, and large motor skills in a fun sports oriented atmosphere. Ages 6-13 welcome!
- ❖ Monday from 6:00 to 6:45 p.m. and Saturdays from 10-11 a.m.

#### **Kids Fit Camp** (held in downstairs education rooms)

- ❖ 30 minutes of boot camp drills just like mom and dad are participating in for Fit Camp
- ❖ Kids age 6-13 may attend; 14-17 years may participate with their parents in the Adult Fit Camp for additional charge
- ❖ Monday and Wednesday evenings at 5:30 p.m. and Saturday morning at 9 a.m.
- ❖ Open to current members and children of non-member Fit Camp participants

#### **Kids Game Night** (held in downstairs education rooms)

- ❖ 45 minutes of active games geared toward keeping your kids in top shape
- ❖ Kids age 6-13 may attend
- ❖ Monday, Tuesday, Wednesday, and Thursday evenings from 6:45 to 7:30 p.m.

#### **Moms and Tots** (held in downstairs education room)

- ❖ 30 minutes of mommy and me toddler fun. This class is for tots walking-age up to 4 years old. Enjoy exercise related activities with special toys and mats to teach the little ones large and small motor skills.
- ❖ Tuesday and Thursday mornings at 9 a.m.

#### **Kids Personal Training** (meet your trainer at upstairs trainer's desk)

- ❖ Specialty training that develops and teaches healthy exercise behaviors at an early age. Kids 10 years and older are allowed to train only with a personal trainer. This type of training emphasizes fun and functional exercises with a focus on proper technique and biomechanics. Different methodologies outside the normal gym equipment are utilized. Kids will have access to the aerobics studios, outside track, gymnasium, and specialty equipment when they are with their trainer.
- ❖ Available at the standard training prices and packages. Inquire with a Fitness Trainer or Fitness Manager.
- ❖ Regular training prices apply for Kids Personal Training.

#### **Family Swim Times** (held in Aquatics area)

- ❖ Open for any age children included on a family membership. Any age, including newborns, can use the pool with their parents. Parents must accompany all children under age 15 years.
- ❖ Fridays 6:00 to 7:30 p.m.
- ❖ Saturdays and Sundays 1:00 to 7 p.m.
- ❖ Kids under 15 years are not allowed in the aquatics area outside of family swim time.

Please escort your children to and from the classes/sessions.