



Aug 18<sup>th</sup> - Dec 31<sup>st</sup>



# Youth Fitness Fall Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Adult Pick-up Basketball 6am-8am (ages 14+ boys & girls)		Adult Pick-up Basketball 6am-8am (ages 14+ boys & girls)		Adult Pick-up Basketball 6am-8am (ages 14+ boys & girls)
Grizzly Den Child Care 8:00am-12:30pm (ages 0-6)	Grizzly Den Child Care 8:00am-12:30pm (ages 0-6)	Grizzly Den Child Care 8:00am-12:30pm (ages 0-6)	Grizzly Den Child Care 8:00am-12:30pm (ages 0-6)	Grizzly Den Child Care 8:00am-12:30pm (ages 0-6)
Tumble Buddies 9:15-11:15am (ages 3-6)	Tumble Buddies 9:15-11:15am (ages 3-6)	Tumble Buddies 9:15-11:15am (ages 3-6)	Tumble Buddies 9:15-11:15am (ages 3-6)	Tumble Buddies 9:15-11:15am (ages 3-6)
			Kids Pickleball Skills 8:30-9:30am (ages 7-15)	
Youth Court Sports 9:30-10:30am (ages 7-15)	Youth Court Sports 9:30-10:30am (ages 7-15)	Youth Court Sports 9:30-10:30am (ages 7-15)	Youth Court Sports 9:30-10:30am (ages 7-15)	Youth Court Sports 9:30-10:30am (ages 7-15)
Grizzly Kidz 10:30-11:30am (ages 6-12)		Grizzly Kidz 10:30-11:30am (ages 6-12)		Grizzly Kidz 10:30-11:30am (ages 6-12)
Group Fitness Classes (various time) (ages 14+)	Group Fitness Classes (various times) (ages 14+)	Group Fitness Classes (various times) (ages 14+)	Group Fitness Classes (various times) (ages 14+)	Group Fitness Classes (various times) (ages 14+)
			Bounce House 9:30-12pm (ages 0-6)	
Open Pickleball 9:30am-12:30pm (ages 12+)	Open Pickleball 9:30am-12:30pm (ages 12+)	Open Pickleball 9:30am-12:30pm (ages 12+)	Open Pickleball 9:30am-12:30pm (ages 12+)	Open Pickleball 9:30am-12:30pm (ages 12+)
CrossFit Teens 3:00-4:30pm	CrossFit Teens 3:00-4:30pm	CrossFit Teens 3:00-4:30pm	CrossFit Teens 3:00-4:30pm	CrossFit Teens 3:00-4:30pm
Kids CrossFit 4:30-5:30pm (ages 6-12)	Kids CrossFit 4:30-5:30pm (ages 6-12)	Kids CrossFit 4:30-5:30pm (ages 6-12)	Kids CrossFit 4:30-5:30pm (ages 6-12)	Kids CrossFit 4:30-5:30pm (ages 6-12)
Tumble Buddies 4:15-6:45 (ages 3-6)	Tumble Buddies 4:15-6:45 (ages 3-6)		Tumble Buddies 4:15-6:45 (ages 3-6)	
Grizzly Den Child Care 4:00-6:45pm (ages 0-6)	Grizzly Den Child Care 4:00-6:45pm (ages 0-6)	Grizzly Den Child Care 4:00-6:45pm (ages 0-6)	Grizzly Den Child Care 4:00-6:45pm (ages 0-6)	
Open Courts	Open Courts	Open Courts	Open Courts	Open Courts

## YOUTH CLASS DESCRIPTIONS

Classes Must Have a Minimum of 5 Participants to be maintained

**Bounce House/Kids Kourt**- Bring your kid for play on our Sports Center Bounce House. Balls, bikes, scooters, etc are supplied for more court fun. Bounce House is not supervised by our staff. Parents must monitor children. (for ages 0-6)

**Grizzly Den** - Child care is available in our Grizzly Den during the mornings and evenings during weekdays with some additional Saturday morning hours. *\*Special Requirements-See Welcome Desk Rep.*

**CrossFit Teens**- CrossFit Teens trains participants in the ten physical skills: strength, balance, coordination, flexibility, stamina, speed, agility, power, cardiovascular endurance, and accuracy. In doing so, our training prepares them for excellence in sport, and more importantly, in life. *\*Ultimate Grizzly Membership Required or +1 Grp Fitness\**

**Geek League Basketball**- Youth players 14+ are invited to play in the early morning Geek League. Geek League is open gym basketball. Geek league is open to beginning basketball players.

**Kids CrossFit**- Ages 6-12, where fun meets fitness. We focus on building strength, coordination and confidence through a variety of exercises. *\*Ultimate Grizzly Membership Required or +1 Grp Fitness\**

**Grizzly Kids** - Ages 6-12, Grizzly Kids is a fun fitness class that takes place on Court 4. This class is focused on a fun style of fitness. *\*Ultimate Grizzly Membership Required or +1 Grp Fitness\**

**Group Fitness Classes**- Some adult group fitness classes allow teens 14+ to join a class without a parent. Some classes allow younger children to participate with a parent. Check the adult group fitness schedule or talk to the instructor. *\*Ultimate Grizzly Membership Required or +1 Grp Fitness\**

**Open Courts**- The Sports Center reserves at least one court for its members consistently throughout the day. (please note: occasionally courts may not available due to special events, tournaments, etc.)

**Pickleball** - Youth 12+ may participate in morning pickleball. People will teach you how to play. What's pickleball? Think tennis but with a whiffle ball. Super fun!

**Tumble Buddies**- Ages 3-6, Organized play with an emphasis on motor skill development, introductory tumbling and lots of fun, games and music. *\*Special Requirements-See Welcome Desk Rep.*

**Youth Court Sports**- Ages 7-15, Instructor-led, organized game play.

**Cub Zone** – Ages 6 months to 10 years. Games, blow up play mat, and more are available. Parent or staff supervision required.

**Kids Pickleball Skills**- Ages 7-15 Join our fun and energetic kids' pickleball skills class, where young players will learn the basics of the game through exciting drills and friendly competition. This class focuses on building hand-eye coordination, teamwork, and sportsmanship while having a blast on the court! *\*Ultimate Grizzly Membership Required or +1 Grp Fitness\**