








YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Saratoga Springs

Youth & Family Exercise Classes - Effective 9/13/10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 am		Tot – PlayGroups (1 – 2 yrs) 45 min. Laura (G)		Tot – PlayGroups (2 – 3 yrs) 45 min. Laura(G)			
11:00 am			Roc-n-Tots (18 – 24 mo) 30 min. Nicole G. (MPR)				
11:30 am			Roc-n-Tots (2 – 3 yrs) 30 min. Nicole G. (MPR)				
3:00 pm	(Begins 9/20 th) YogaTeenz (13 - 18) 45 min. Betsy (MPR)						
4:00 pm	(Begins 9/20 th) YogaTweenz (10- 12 yrs) 45 min. Betsy (MPR)	FitKidz (5-8 yrs) 45 min. Jamie (AS)		FitKidz (9-13 yrs) 45 min. Jennifer (AS)	Twinkle Toes Ballet 55 min. TBA (MPR)		
5:00 pm	HipHopKidz (5 – 8 yrs) 30 min. Tristina (MPR)		YogaKidz (5-7 yrs) 30 min. Betsy (MPR)				
5:30 pm	HipHopKidz (9-13 yrs) 30 min. Tristina (MPR)		YogaKidz (7-9 yrs) 30 min. Betsy (MPR)		Ballet I & II 55 min. TBA (MPR)		

MPR = Multi –Purpose Room

AS = Aerobics Studio

- = A class will be cancelled if there are less than 5 people in attendance for 3 consecutive weeks.

**Program does not require an additional fee.*

Revision Date: 8/31/10
2:05 pm

Saratoga Springs Branch Class Descriptions

Ballet I & II – This is a new extension offered for the kids who are moving up in their skills. Focus will be on positions, terminology and incorporation of dance movements with a small “recital” at the end of the session. The kids will be grouped according to ability. The program is taught by Skidmore College Dance majors. Space is limited and registration is required. Full member \$50/ session; Program member: \$85/session

FitKidz- A fun-filled fitness program geared towards 5 – 8 year olds that want to be fit, learn and have fun doing it. These classes combine beginner fitness and healthy lifestyle tips to jump start youths into making better choices in the way of fitness and food.

HipHopKidz – Kidz will learn fun dance routines to popular hiphop music and end the session with a performance for family and friends!

YogaKidz – Kidz will explore breath and postures through creative games! These classes help children ages 5 – 13 learn techniques for concentrating, reducing stress, and connecting to their bodies in a loving way. Breath is used to focus and quiet the mind.

Roc-n-Tots – offers an introduction to movement and music for growing minds and bodies for ages 18 months through 3 years. A fun mix of circle songs, free dance, marching and imagination which your child will talk about all week!

Tot Playgroups - A special fun time for children and parents. This program focuses on developing socialization and cooperation skills and includes free play, finger plays and stories. This is a great way for parents and children to spend time together and meet and interact with other friends. Grandparents, babysitters and nannies are welcome to participate. Full member: \$31/session; Program member: \$62/session.

Twinkle Toes – This is a co-ed program for 4 to 6 year olds. This program is designed to develop coordination, to increase spatial and rhythmic awareness and to provide a positive learning experience. Dance is presented in an imaginative and age-appropriate manner. By the completion of this class, children will have been introduced to ballet steps, terminology and the basics of dance. The program is taught by Skidmore College Dance majors. Space is limited and registration is required. Full member \$50/ session; Program member: \$85/session

YogaTeenz - Empowers teenagers to become more self-aware and confident. Students gain a sense of well-being while developing strength and flexibility, and also learn breathing and relaxation techniques.

YogaTweenz– helps children ages 10-12 learn techniques for concentrating, reducing stress and connecting with their bodies in a loving way. Breath is used to focus and quiet the mind. And it's FUN!