

Brooks Family



july kids calendar

monday

- 9:30a Kids Hip Hop(B)
(7yrs & up)
- 11:30a Kids Fit(MBS)
(6-11yrs)
- 4:30p Kids Yoga(MBS)
(5-11yrs)
- 5p Beg Karate(B)
- 5:30p Cardio Kids(KZ)
(4-6yrs)
- 6p Int/Adv Karate(B)
- 6p Cardio Kids(KZ)
(7yrs & up)
- 7:30p-9:45p

tuesday

- Kids Fit (Gym)
(6-11yrs)
- 1p-4p Family Swim
- 3:30p Kids Yoga(MBS)
(7 & up unless w/parent)
- 5:30p Kids Fit(B)
(6-11yrs)
- 7:30p-9:45p
Family Swim

wednesday

- 9:30a Kids Hip Hop(B)
(7yrs & up)
- 11:30a Kids Fit(MBS)
(6-11yrs)
- 4:30p Kids Yoga(MBS)
(7 & up unless w/parent)
- 5:20p Kids Hip Hop(B)
(7yrs & up)
- 5:30p Cardio Kids(KZ)
(4-6yrs)
- 6p Cardio Kids(KZ)
(7yrs & up)
- 7:30p-9:45p
Family Swim

thursday

- 10:30a Kids Fit(MBS)
(6-11yrs)
- 1p-4p Family Swim
- 5p Beg Karate(B)
- 5p Kids Yoga(B)
(7 & up unless w/parent)
- 5:30p Kids Fit(KZ)
(6-11yrs)
- 6p Int/Adv Karate(B)
- 7:30p-9:45p
Family Swim

friday

- 10:30a Kids Yoga(B)
(7yrs & up unless w/parent)
- 5:30p Kids Fit(B)
(7 yrs & up)
- 6-8:45p
Family Swim

saturday

- 11a-5:45p
Family Swim
- 11:45a-12:30p
Kids Fit(B)
(6-11yrs)

sunday

- 11a-5:45
Family Swim

*Classes are subject to change without notice. Kids Fit classes are based on KidZone usage. If unsafe ratios are left in the KidZone, times may be moved or canceled to accommodate.

important activities & dates:

- **Youth Fitness** - June 11, 18 & 25 @2p - Certification is required for youth ages 9-12 to exercise on the fitness floor. Register at the Member Services Desk.
- **New! Family Swim Time** - Families and kids under the age of 13 can swim and play in the lap pool Monday through Thursday 7:30-9:45p, Tuesday and Thursday from 1-4p, Friday 6-8:45p and Saturday and Sunday 11a-5:45p.
- **KidZone Summer Theme Weeks** - Each week, KidZone will celebrate summer with themes like Hawaiian luau, safari adventure, or patriotism! All games, activities, art projects, music, story time, and dress up will coordinate with the week's theme. KidZone hours will remain the same, but our special activities will take place from 9:00a-12:00p and from 6:00-9:00p. For more information, stop by the KidZone today!

We build strong kids, strong families, and strong communities.