

Youth Fitness Programs

GRAY = PREMIUM MEMBERSHIP REQUIRED

Effective September 2 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Tumble Buddies 8:45-11:15	Tumble Buddies 8:45-11:15	Tumble Buddies 8:45-11:15	Tumble Buddies 8:45-11:15	Tumble Buddies 8:45-11:15
Kid Courts 9:00-2:00		Kid Courts 9:00-2:00		
Home School PE 1-2:15pm	Home School PE 1-2:15pm	Home School PE 1-2:15pm	Home School PE 1-2:15pm	
CrossFit Teens 3:30-4:30	CrossFit Teens 3:30-4:30	CrossFit Teens 3:30-4:30	CrossFit Teens 3:30-4:30	CrossFit Teens 3:30-4:30
CrossFit Kids 4:30-5:15	Speed +Explosion 3:00-4:00	CrossFit Kids 4:30-5:15	Speed +Explosion 3:00-4:00	
Youth Court Sports 5:15-6:45	Youth Court Sports 5:15-6:45	Youth Court Sports 5:30-6:25	Youth Court Sports 5:30-6:25	

CLASS DESCRIPTIONS

Classes Must Have a Minimum of 3 Participants to Run

Tumble Buddies- Ages 3 to 6 years. Organized play with an emphasis on motor skill development, introductory tumbling and lots of fun, games and music. **Premium Membership Required**

Youth Court Sports-Ages 7 to 13 years Introduction to basic sports played on courts: Basketball, Dodgeball, Pickle ball, Kickball, etc. The focus is on improving balance, coordination, reaction and strength. Kids are taught proper muscle warm up and cool down technique, fun activities keep kids active throughout class time and beyond.

Kid Courts Ages 5 years and under Parent supervised free play time for children on one of our courts that includes our awesome Bouncy House. This time is free for members of the MTA Sports Center and only costs \$5 per child for visitors.

CrossFit KIDS - Ages 5-10 In CrossFit KIDS, each child is instructed at his or her level, allowing individuals to experience challenge and reward with each class. CrossFit teaches proper form and mechanics in functional and athletic movements in classes that are different every day... with a focus on FUN. **Premium Membership Required**

CrossFit Teens – Ages 11-17 CrossFit Teens trains young people to be generally physically prepared, encompassing all ten general 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. . **Premium Membership Required**

Speed + Explosion: workouts geared to enhance the young athletes speed and power capabilities in any sport **Premium Membership Required**

Home School P.E. Classes include recreational games, sport fundamentals, nutrition, strength training, and much more! Enrollment is limited to 25 participants per class. Classes are scheduled by the quarter. Students can choose to attend 2 or 4 days per a week. Classes are divided by age. Visit www.mtasportscenter.com/hspe for more information on fees and current schedules. **Additional Fees Apply**

Child Care Play Center Play Hours

Monday - Friday 8:45-1:00pm 4:15-8:00pm

Sat 8am-12pm

Ages 6 weeks to 6 years

Ages 3-6 are recommended for Tumble Buddies

