

Youth Fitness Programs

Gray=Premium/Ultimate Grizzly Membership Required

Monday	Tuesday	Wednesday	Thursday	Friday
Geek League Basketball 6am-8am (ages 14+ boys & girls)		Geek League Basketball 6am-8am (ages 14+ boys & girls)		Geek League Basketball 6am-8am (ages 14+ boys & girls)
Child Care 8:30am-12pm (ages 0-2)	Child Care 8:30am-12pm (ages 0-2)	Child Care 8:30am-12pm (ages 0-2)	Child Care 8:30am-12pm (ages 0-2)	Child Care 8:30am-12pm (ages 0-2)
Tumble Buddies 8:30-10:30am (ages 3-6)	Tumble Buddies 8:30-10:30am (ages 3-6)	Tumble Buddies 8:30-10:30am (ages 3-6)	Tumble Buddies 8:30-10:30am (ages 3-6)	Tumble Buddies 8:30-10:30am (ages 3-6)
Group Fitness Classes (various times – check adult schedule) (ages 14+)	Group Fitness Classes (various times – check adult schedule) (ages 14+)	Group Fitness Classes (various times – check adult schedule) (ages 14+)	Group Fitness Classes (various times – check adult schedule) (ages 14+)	Group Fitness Classes (various times – check adult schedule) (ages 14+)
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)	
Pickleball 9:30am-12:30pm (ages 12+)	Pickleball 9:30am-12:30pm (ages 12+)	Pickleball 9:30am-12:30pm (ages 12+)	Pickleball 9:30am-12:30pm (ages 12+)	Pickleball 9:30am-12:30pm (ages 12+)
Home School PE Game Day 1-2:15pm (additional cost)	Home School PE Grizzly PE 1-2:15pm (additional cost)	Home School PE Game Day 1-2:15pm (additional cost)	Home School PE Grizzly PE 1-2:15pm (additional cost)	
CrossFit Teens 3:30-4:30pm	CrossFit Teens 3:30-4:30pm	CrossFit Teens 3:30-4:30pm	CrossFit Teens 3:30-4:30pm	CrossFit Teens 3:30-4:30pm
Grizzly Kidz 4:30-5:30pm (ages 6-12)	Grizzly Kidz 4:30-5:30pm (ages 6-12)	Grizzly Kidz 4:30-5:30pm (ages 6-12)	Grizzly Kidz 4:30-5:30pm (ages 6-12)	Grizzly Kidz 4:30-5:30pm (ages 6-12)
Child Care 4:15-7pm (ages 0-6)	Child Care 4:15-7pm (ages 0-6)	Child Care 4:15-7pm (ages 0-6)	Child Care 4:15-7pm (ages 0-6)	Child Care 4:15-7pm (ages 0-6)
Study Spot (All Day)	Study Spot (All Day)	Study Spot (All Day)	Study Spot (All Day)	
Youth Court Sports 3:30-6:30pm (ages 7-17)	Youth Court Sports 3:00-6:30pm (ages 7-17)	Youth Court Sports 3:30-6:30pm (ages 7-17)	Youth Court Sports 3:30-6:30pm (ages 7-17)	
Open Courts (All Day)	Open Courts (All Day)	Open Courts (All Day)	Open Courts (All Day)	Open Courts (All Day)

CLASS DESCRIPTIONS

Classes Must Have a Minimum of 3 Participants to be maintained

After School Study Center An after school monitor will find a location in the Sports Center for your child to complete homework. The child needs to check in with the monitor. The monitor will report to the parent if the child is playing on their phone, not working, is working if asked for a report. The monitor is not expected to make your child work.

Child Care Child care is available during the mornings and evenings during weekdays with some additional Saturday morning hours. **Premium/Ultimate Grizzly Membership Required**

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. **Premium/Ultimate Grizzly Membership Required**

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.

Grizzly Kidz - Ages 6–11 Grizzly Kidz is a fun fitness class that takes place in the CrossFit Kids room across from the CrossFit Box. This class is focused on a fun style of fitness. **Premium/Ultimate Grizzly Membership Required**

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. **Premium/Ultimate Grizzly Membership Required**

Home School P.E. HSPE is offered throughout the school year. HSPE requires additional fees but is instructor-led. Participants are reimbursed by their home school programs. Check the Front Desk for more details.

Open Courts The Sports Center reserves at least one court for its members consistently throughout the day. (note: occasionally courts not available due to other events.)

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 to 6 years Organized play with an emphasis on motor skill development, introductory tumbling and lots of fun, games and music. **Premium/Ultimate Grizzly Membership Required**

Youth Court Sports-ages 6-15 instructor-led, organized game play

Child Care Play Center Play Hours

Monday - Friday 8:45am-12:00pm 4:15-7:00pm (Wed til 7:30PM)

Sat 9am-12pm

Ages 6 weeks to 6 years

