



KidFit Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
9:30 am FunFitness Studio B - Amy 10:15 am Tumbling Studio A - Amy	9:30 am Creative Movement Studio A April	10 am Arts & Crafts Kidtown	9:30 am Creative Movement Studio A April	10:00 am Playground / Gym Kidtown	9:00 am Intro to Racquet Sports** Lynnise	9:00 am Basketball Clinic** Marcus 1:45-3:45 Ballet** Kate, Studio A

Class Descriptions

FunFitness—Ages 3-6. A variety of games including basketball, table tennis, kick ball, and introduction to racquet ball. We will play fun games with the parachute, and also work on running skills, skipping, hopping, jumping and stretching along with social skills. 45 minutes

Tumbling—Ages 3-6. This class will focus on stretching, muscle building, balance, and flexibility. We will work on forward rolls, backward rolls, handstands, bridges and cartwheels in this 45-min class.

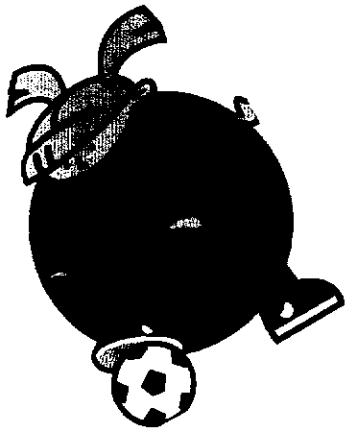
Creative Movement—Ages 3-6. A joyful way to explore movement through music, develop physical skills, channel energy, and promote creativity. 45 minutes

Intro to Racquet Sports**—Ages 3-6 yrs. This class will begin to develop hand-eye coordination and balance on the tennis and squash courts. 45 minutes.

Basketball Clinic**—ages 7-14. Take your game to the next level with a variety of shooting, passing, defense and teamwork drills. Each session concludes with an organized scrimmage. 90 minutes

Ballet**— 6 Week Intro to Ballet (1:45-2:15 2-3yr) and Beginning to Intermediate Ballet Technique (2:15-3:45 4-5yr, 3:00-3:45 6-9yr). Starts November 7th

**Fee Based Programs



MIDTOWN

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