



# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  4:30-5:15pm Kids Yoga (5-7) 5:30-6:15pm Kids Yoga(8-11)	2	3  11:30am-12pm Story Time Yoga	4  4:30-5:30pm Kids Bootcamp(5-7 & 8-11)	5  1-1:45pm Pre K Yoga	6 9-10am Youth Basketball** 1-2pm Youth Game Day (5-7 & 8-11)
7  2-2:45pm Zumba Fit (5-7) 3-3:45pm Zumba Fit (8-11)	8	9	10	11	12	13  1-2pm Youth Game Day (5-7 & 8-11)
14	15	16	17	18	19	20  1-2pm Youth Game Day (5-7 & 8-11)
21	22 REGISTRATION FOR NEXT SESSION BEGINS	23	24	25	26	27
28						



# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>REGISTRATION FOR SESSION ENDS</b></p>	<p>1</p> <p><b>Spring Session begins</b></p> <p>4:30-5:15pm Kids Yoga (5-7) 5:30-6:15pm Kids Yoga(8-11)</p>	<p>2</p>	<p>3</p> <p>11:30am-12pm Story Time Yoga</p>	<p>4</p> <p>4:30-5:30pm Kids Bootcamp(5-7 &amp; 8-11)</p>	<p>5</p> <p>1-1:45pm Pre K Yoga</p>	<p>6</p> <p>1-2pm Youth Game Day (5-7 &amp; 8-11)</p>
<p>7</p> <p>9:45-10:30am Kids Yoga(5 - 7) 10:45-11:30am Kids Yoga(8-11)</p> <p>2-2:45pm Zumba Fit (6-9)new age group</p>	<p>8</p> <p>4:30-5:15pm Kids Yoga (5-7) 5:30-6:15pm Kids Yoga (8-11)</p>	<p>9</p>	<p>10</p> <p>11:30am-12pm Story Time Yoga</p>	<p>11</p> <p>4:30-5:30pm Kids Bootcamp(5-7 &amp; 8-11)</p>	<p>12</p> <p>1-1:45pm Pre K Yoga</p>	<p>13</p> <p>9-10am Youth Basketball**</p> <p>1-2pm Youth Game Day (5-7 &amp; 8-11)</p>
<p>14</p> <p>9:45-10:30am Kids Yoga(5 - 7) 10:45-11:30am Kids Yoga(8-11)</p> <p>2-2:45pm Zumba Fit (6-9)new age group</p>	<p>15</p> <p>President's Day</p> <p>4:30-5:15pm Kids Yoga (5-7) 5:30-6:15pm Kids Yoga(8-11)</p>	<p>16</p>	<p>17</p> <p>11:30am-12pm Story Time Yoga</p>	<p>18</p> <p>4:30-5:30pm Kids Bootcamp(5-7 &amp; 8-11)</p>	<p>19</p> <p>1-1:45pm Pre K Yoga</p>	<p>20</p> <p>9-10am Youth Basketball**</p> <p>1-2pm Youth Game Day (5-7 &amp; 8-11)</p> <p>Special event 2-3:30 pm Paddle Tennis changed to Family Tennis Event</p>
<p>21</p> <p>9:45-10:30am Kids Yoga(5 - 7) 10:45-11:30am Kids Yoga(8-11)</p> <p>2-2:45pm Zumba Fit (6-9)new age group</p>	<p>22</p> <p>4:30-5:15pm Kids Yoga (5-7) 5:30-6:15pm Kids Yoga (8-11)</p>	<p>23</p>	<p>24</p> <p>11:30am-12pm Story Time Yoga</p>	<p>25</p> <p>4:30-5:30pm Kids Bootcamp(5-7 &amp; 8-11)</p>	<p>26</p> <p>1-1:45pm Pre K Yoga</p>	<p>27</p> <p>9-10am Youth Basketball**</p> <p>1-2pm Youth Game Day (5-7 &amp; 8-11)</p>
<p>28</p> <p>9:45-10:30am Kids Yoga(5 - 7) 10:45-11:30am Kids Yoga(8-11)</p> <p>2-2:45pm Zumba Fit (6-9)new age group</p>	<p>29</p> <p>4:30-5:15pm Kids Yoga (5-7) 5:30-6:15pm Kids Yoga (8-11)</p>	<p>30</p>	<p>31</p> <p>11:30am-12pm Story Time Yoga</p>			



# April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 4:30-5:30pm Kids Bootcamp(5-7 & 8-11)	2 1-1:45pm Pre K Yoga	3 9-10am Youth Basketball** 1-2pm Youth Game Day (5-7 & 8-11)
4 Easter Sunday No classes	5 4:30-5:15pm Kids Yoga (5-7) 5:30-6:15pm Kids Yoga (8-11)	6	7 11:30am-12pm Story Time Yoga	8 4:30-5:30pm Kids Bootcamp(5-7 & 8-11)	9 1-1:45pm Pre K Yoga	10 9-10am Youth Basketball** 1-2pm Youth Game Day (5-7 & 8-11)
11 9:45-10:30am Kids Yoga(5 - 7) 10:45-11:30am Kids Yoga(8-11)  2-2:45pm Zumba Fit (6-9)new age group	12 4:30-5:15pm Kids Yoga (5-7) 5:30-6:15pm Kids Yoga(8-11)	13	14 11:30am-12pm Story Time Yoga	15 4:30-5:30pm Kids Bootcamp(5-7 & 8-11)	16 1-1:45pm Pre K Yoga	17 9-10am Youth Basketball**(will be on for this day)  SPRING BREAK START  SESSION ENDS
18	19	20	21	22	23	24
25	26	27	28	29	30	



200 East Highland Drive  
 Rochester, NY14610  
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[www.midtown.com/rochester](http://www.midtown.com/rochester)

**Midtown Varsity General Information**  
 Midtown Varsity 2010 Sessions

Spring/Summer Session  
 Session Start Dates: 3/1/2010-4/16/2010  
 Registration Begins: 2/22/2010-2/28/2010

Please note registration does not close for the Family Programming events.

\*\*next to program means fee based event.

Location Key	
CST	(Cycle Room)
GE	(Group Exercise Studio)
GYM	(Gym)
PO	(Pool/Outside)
SA	(Yoga/Pilates Studio)
SB	(Yoga-Studio B)

**Infant & Preschool Programming**

*Story Time Yoga ( Infant - 5 yrs)*  
 Story time comes alive with puppets and yoga poses. Carefully selected stories that naturally lend themselves to yoga! As we read we'll come across animals and elements of nature that we know from yoga...we'll stop the story, do the yoga pose, and then continue with our story. Location SB

*Pre K Yoga (3- 5 yrs)*  
 This playful class encourages self-expression as well as building social skills. Children will strengthen their bodies as they learn how to focus through breathing and relaxation techniques. Location SB

**Programming Ages 5-7, 6-9 & 8-11**

*Zumba Fit (6-9)*  
 Fun way to get kids and young adults fit with this Latin American music and dance movement experience. **Please note the ages have changed to 6-9.** Location GE

*Kids Boot Camp (5-7 & 8-11)*  
 Here is a safe and fun program that introduces fitness to your child. This class will have creative obstacle courses, basic martial art boxing movement and other fantastic activities that will help your child learn the essentials to building strength, cardio, and endurance. Location GYM

*Youth Game Day (5-7 & 8-11)*  
 Join in on a day full of fun games and sports, including kickball, soccer, tag, and more. Location GYM.

*Midtown Youth Basketball Program*  
 Ages 5-7 & 8-10  
 Join Midtown's Youth Basketball Program designed to help boys and girls learn and develop basic basketball skills. The emphasis will be placed on sportsmanship, respect for teammates and having a good time. Location GYM

*Taekwondo Ages 5-9 & 10-12 [ schedule for Fall 2010]*  
 Taekwondo is a great form of martial arts for children to study. Students will learn fast reactions through games, respect for others as well as self discipline.

**Family Programming Special Events**

*Paddle Tennis **Changed to Family Tennis***  
*Saturday, March 20 2 - 3:30 p.m. Complimentary*  
 Come learn the basics of Tennis as we introduce this fun sport to the entire family. Location Tennis Courts

*Family Fun Sports and Games*  
*Saturday, May 15 2 - 3:30 p.m. Complimentary*  
 Families can join in on a day full of fun games and sporting activities, including kickball, floor hockey, tag, parachute games for all ages. Location GYM.

*Midtown Varsity Family and Youth Kickoff Event*  
*Saturday June 12 2-3:30pm Complimentary*  
 Second annual Youth program Kickoff event with activities for both parents and their children. Join us on the pool deck and the great lawn area to participate in all the great youth sport programs we offer – great fun for the **whole family!** Kids and their parents will enjoy a variety of activities including yoga, Zumba, cycling, boot camp and ball games. The fun continues with a food and drinks! Location Great Lawn, Pool area.

**Kidtown usage with programming.**

Parents are required to sign in their kids at Kidtown before going to sign in and dropping them off for the class.