



**MIDTOWN
VARSITY**

YOUTH PROGRAMMING



MIDTOWN
ATHLETIC CLUB®

200 East Highland Drive, Rochester, NY 14610

585.461.2300

Midtown Varsity Youth Programming

Fall session: 10/3/11 - 11/20/11



Programming for Ages 5-11

Zumba Fit (ages 7-11) - Group Exercise Studio

A fun way for kids to get fit with this Latin American music and dance movement experience.

Sunday 1-1:45pm

Kids Boot Camp (ages 5-7 and 8-11) - Meets in Gym

This class will introduce your child to fitness through creative obstacle courses, basic martial art boxing movements and other fantastic activities to help them build strength, cardio and endurance.

Ages 5-7: Thursday 4:30-5:20pm

Ages 8-11: Thursday 4:30-5:20pm

Kids Game Day (ages 5-7 and 8-11) - Meets in Gym

Join in on an hour full of fun games and sports including kickball, soccer, tag and more.

Ages 5-7: Saturday 1-2pm

Ages 8-11: Saturday 1-2pm

Kids Yoga (ages 5-7 and 8-11) - Yoga Studio B

This playful class encourages self-expression as well as building social skills. Kids sing, draw and play yoga in this energy-releasing class.

Ages 5-7: Sunday 9:45-10:30am

Monday 4:30-5:15pm

Ages 8-11: Sunday 10:45-11:30am

Monday 5:30-6:15pm

Preschool Programming

Pre-K Yoga (ages 3-5) - Yoga Studio B

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.

Friday 1-1:45pm

Special Holiday Family Yoga

Complimentary - Yoga Studio A

Yoga fun for the whole family! After class we will enjoy some hot cocoa and each other.

In the spirit of the season please bring a non-perishable food donation for Foodlink.

Sunday, December 11, 2-3pm

Youth's Name _____ Age _____

Guardian's Name _____

Phone _____ Email _____

A one-time registration fee of \$10 will be charged to your house account for all programming, with the exception of the Special Holiday Family Yoga. Check www.midtown.com under Youth Programs for an up-to-date calendar of offerings.