

ALL SPORTS CLASSES

MORE SPORTS MORE FUN !

Fall 2014 - Spring 2015

Classes Start Sept 15th, 2014 and End June 15th, 2015

As a courtesy to members on wait lists excessive absences will result in removal from class.

* Classes are subject to change ~all classes are held on **COURT 1** in the sportscenter

updated 8/4/14

3 - 4 years old					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30-10:00	9:30-10:00	11:30-12:00	9:00-9:30
			12:30-1:00	12:15-12:45	9:45-10:15
			2:15-2:45	2:00-2:30	

5 - 6 years old					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:15-11:00	1:15-2:00	9:30-10:15	10:30-11:15
				1:00-1:45	11:15-12:00
4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45		

7 - 8 years old					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00		

9 - 12 years old					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00	6:00-7:00	5:00-6:00	6:00-7:00		

MUST WEAR SNEAKERS TO PARTICIPATE IN SPORTS ACTIVITIES. Court 1 in sportscenter

2014 - 2015 CALENDAR

Aug 21 Fall Registration Online Only
Aug 22 & After Must Register at Program Desk
Sept 15 Classes Begin
Oct 31 No Classes
Nov 26-30 No Classes - Thanksgiving Break
Dec 1 Classes resume
Dec 23-Jan 4 No classes -Winter Break

Jan 5 Classes resume
Jan 19 No Classes
Feb 13-17 No Classes - President's Day Weekend
March 30- April 5 No Classes - Spring Break-Classes resume on April 6th
May 22-25 No Classes - Memorial Day Weekend- classes resume on May 26th
May 31 Last Day of Classes

PARENT REMINDERS

Transportation Service: Remember to utilize at KidQuest or Sport Center Check-In. Children must be signed in 15 minutes prior to start of class.
 Please contact Coach Candace at 908.782.4009 x234 for any questions .
Take an additional class for \$35 a month per class fee

310 Hwy 31 North, Flemington, NJ • www.healthquest-fitness.com • 908.782.4009

Get your child exposed to a different sport each week!

Our kid's fitness class are designed for children of all ages. With an emphasis on gross and fine motor skill development and hand eye coordination, our fitness classes helps each child build basic fitness skills that will serve them for a lifetime. For younger children classes focus on simple stretching exercises and fun games, that encourage children to use their bodies and develop a love of physical activity. In addition, for older children these classes emphasizes overall health and fitness through more complex activities that encourage kids to further develop fine and gross motor skills , hand-eye coordination and teamwork. All kids develop an appreciation of physical activity in their lives and the importance of maintaining a healthy lifestyle as they grow. In addition, sports mentoring and early understanding of sportsmanship are also emphasized. While this class concentrates on overall fitness, it will be adapted to focus on seasonal sports such as soccer, tball , basketball, flag football, kickball , dodgeball, hockey, ultimate Frisbee , volleyball , lax AND MANY MORE ! All games and activities will be age appropriate. All participants report to court one if not using child transportation from kidsQuest. Please remember to use transportation child must be signe din 10 min prior to class start .
When the weather is nice we will take the class OUTSIDE !