

ALL SPORTS CLASSES

MORE SPORTS MORE FUN !

Fall 2017 - Spring 2018

Classes Start Sept 16th, 2017 and End May 31 2018

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 7/25/17

3 - 4 years old					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30-10:00	9:30-10:00	9:45-10:15
			10:15-10:45	11:00-11:30	10:30-11:00
			11:45-12:15	11:45 -12:15	
4 - 5 years old					
			11:00-11:30	10:15-10:45	
					9:00-9:30
5 - 6 years old					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15-4:45	5:00-5:30	4:15-4:45	4:45-5:15		11:15-11:45
		4:45-5:15	5:15-5:45		
7 - 8 years old					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:45	4:15-5:00	5:15-6:00	5:45-6:30		
6:00-6:45		6:00-6:45	4:00-4:45		
9-12 years old					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45	5:30-6:15	6:45-7:30			

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

2017 - 2018 CALENDAR

Sept 16 First day of classes
Sept 21 No classes Rosh Hashanah
Oct 31 No classes
Nov 7,9,10, 22-27 No Classes
Dec No classes *BREAKFAST WITH Santa TBD
Dec 23-Jan 2 No Classes
Jan 15 No Classes

Feb 16,19 No classes
March 30 No classes
April 3-7 No classes
May 25,26,29 No classes
Last day of classes May 31

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 signed in 10 min prior to class start .