



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH FITNESS SCHEDULE

Effective January 2014

Time	Class	Instructor	Location	Note
MONDAY				

AM 10:00-10:45	Preschoolers Love Exercise	Cindy	Gym	
PM 4:30-5:30	Krav Maga Kids	Chris	ST	\$

TUESDAY				
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AM 10:00-10:45	Preschoolers Love Exercise	Cindy	Gym	
PM 4:30-5:15	Fitness Frenzy	Cindy	AR	
7:30-8:15	Taekwondo I	Vince	AR	
8:15-9:00	Taekwondo II	Vince	AR	

WEDNESDAY				
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AM 10:00-10:45	Preschoolers Love Exercise	Cindy	Gym	
PM 4:30-5:30	Krav Maga Kids	Chris	ST	\$

Time	Class	Instructor	Location	Note
THURSDAY				

PM 4:30-5:30	Fitness Frenzy	Cindy	AR	
7:30-8:15	Taekwondo I	Vince	AR	
8:15-9:00	Taekwondo II	Vince	AR	

FRIDAY				
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AM 10:00-11:30	Gym n Swim	Katie	G/P	#\$
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SATURDAY				
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AM 11:00-12:00	Zumbini™	Elena	ST	\$
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KEY

AR Aerobics Room G Gym P Pool
ST Studio # Limited Number \$ Fee required

The YMCA retains the right to change or cancel any classes or instructors

YMCA AT SCHILLING FARMS

1185 Schilling Farms Blvd. E, Collierville TN 38017

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CLASS DESCRIPTION

FITNESS FRENZY A fun, high energy class that is game oriented for ages 5-12. The class format will vary from circuit training, fitness stations, and drills. Athletic shoes required.

GYM `N SWIM For ages 3-5. Kids learn skills while parents workout. Class provides basic instruction in gym games such as soccer, and the second half of class is water safety, lessons, and water games. New session every month. Held September thru May.

KRAV MAGA KIDS A self-defense, fitness and life skills training program for kids 8-12 years old. Kids learn skills such as common chokes, grabs, and holds, to use to escape violent situations. Kids will also focus on proper ways to exercise, teamwork, goal setting, and more to prepare them for all aspects of life. \$

PRESCHOOLERS LOVE EXERCISE A fun way to get active, have fun and exercise all at the same time. Features a variety of relays, races, and fun games. For ages 3-5. Athletic shoes required.

TAEKWONDO I Traditional TKD class for the entire family including kids, teens, and adults with an emphasis on proper mind set and instinctive Self Defense. Classes also cover conditioning, practical sparring, forms, basic striking and kicking. Belt testing optional. For ages 9 and up.

TAEKWONDO II For the entire family including kids, teens, and adults. Advanced version of Taekwondo 1. Emphasis on proper mind set, attitude and psychological effects of facing armed and unarmed attackers. Advanced joint locking, throwing, striking, kicking, and ground work. Advanced forms, breaking, knowledge, effective kicking and striking. Belt testing optional. For ages 9 and up.

ZUMBINI™: CHILD DEVELOPMENT THROUGH ZUMBA® Adults and their children will wiggle, sing, and learn together. Class offers dance `n` play movement, fun props, and a chance to play instruments to cool Zumba® music. For ages 0-3. \$