

SRC J-Kids Schedule



Weekly drop-in children's programming, included in Full Family Membership

Monday	Tuesday	Thursday
Tween Cycle 5:15-6:15 PM Cycle Studio 8-13 years	Fun Fit 5:30-6:30 PM Studio A 6-9 years	Tween Cycle 5:15-6:15 PM Cycle Studio 8-13 years
		Dodgeball 5:00-6:00 PM Gym C 10-13 years

Tween Cycle

Cardio, strength and speed will be elements of this Cycle class in a fast, but self paced, ride in our Cycle Studio. Our instructor will engage kids in cycle drills riding along to catchy songs.

Fun Fit

We combine exercise with fun in this fast-paced class! Playing various games, children will be moving, laughing, making friends, and getting their daily dose of physical activity.

Dodgeball

Agility, speed, strategy & accuracy are needed for this action packed hour of dodgeball! This class is a great choice if you're looking for a way to get kids active by playing a fan favourite

Register on the JCC App through your child's profile

Classes do not run on statutory holidays

905-303-5425

info@srcentre.ca

For more information, please visit srcentre.ca