

# J-Kids Schedule



Schwartz/Reisman Centre

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

Monday	Tuesday	Thursday
<b>Multi Sport</b> 5:00pm-6:00 PM Gym D 6-11 years	<b>Fun Fit</b> 5:30-6:30 PM Studio A 6-9 years	
<b>Tween Cycle</b> 5:15pm-6:15 PM Cycle Studio 10-13 years		<b>Tween Cycle</b> 5:15pm-6:15 PM Cycle Studio 10-13 years

## Multi-Sport

Multi-Sport is an exciting environment that encourages fitness, teamwork, and fun. Our curriculum includes proper warm up drills, multiple sports and variety of high-energy gameplay, it's perfect for all skill levels. A great way to build confidence and stay active!

## 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.

## 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. This program is recommended for kids ages 10-13.

Register on the JCC App through your child's profile

January - June: School-year schedule

Classes do not run on statutory holidays

905-303-1821 ext. 3200

For more information, please visit [srcentre.ca](http://srcentre.ca)

Email: Sean Squires [ssquires@srcentre.ca](mailto:ssquires@srcentre.ca)