

# Fit Kids Schedule

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



## Monday

### Dodgeball

Ages 5 - 9yrs

5:00 PM - 6:00 PM

Gym D or Outdoor Turf

Get ready for non-stop fun! Kids will run, jump, and dodge while playing exciting games of dodgeball in a safe and supportive setting. This class builds teamwork, coordination, and confidence while making sure everyone has a blast.



## Tuesday

### Fun Fit

Ages 5 - 9yrs

5:30 PM - 6:30 PM

Studio A

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.



## Wednesday

### Box Fit

Ages 5 - 9yrs

4:30 PM - 5:30 PM

Boxing Studio

A fun and active class where kids learn the basics of boxing through safe, age-appropriate drills and games. They'll build strength, coordination, and confidence while punching, moving, and having a blast with friends.



## Thursday

### Kids Cycle

Ages 8 - 14yrs

5:15 PM - 6:15 PM

Cycle Studio

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.

Register on the JCC App through your child's profile

Sept - June: School-year schedule

Classes do not run on statutory holidays

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

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