

Youth Fitness Activities

Beginner Karate

Instructor: American Academy of Martial Arts
Teaches blocking, striking and kicking techniques as well as strength training, calisthenics and self-control.
No drop ins. No coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)	Sept. 11 - Oct. 23	11:30 – 12:15p.m.	Sat
	Fee: Program \$63/Resident \$56/Member \$49		
Fall II (8 weeks/7 classes)	No Class the week of Nov. 22		
	Oct. 30 - Dec. 18	10:30 – 11:15a.m.	Sat
	Fee: Program \$63/Resident \$56/Member \$49		

Tiny Tigers (4-5 yrs. old)

Little Kicker (6-7 yrs. old)

Instructor: American Academy of Martial Arts
Teaches basic Karate techniques in a fun but controlled environment. Following directions, focusing, social skills, self-control and self-confidence are stressed.
No drop ins. No coupon accepted.

Session	Date (s)	Time	Day
Fall I (7 weeks/7 classes)	Sept. 11 - Oct. 23	12:30 - 1:00 p.m.	Sat
	Fee: Program \$56 / Resident \$49/ Member \$42		
Fall II (8 weeks/7 classes)	No Class the week of Nov. 22		
	Oct. 30 - Dec. 18	12:30- 1:00 p.m.	Sat
	Fee: Program \$56/ Resident \$49 / Member \$42		

Zumbatomic®

Instructor: Christen Buss

Zumbatomic® is a dance-fitness program designed exclusively for kids. They will learn dances with choreography to multi-cultural music! The program is designed for kids and pre-teens ages 4-12.

A typical class can include this entire age group OR be broken down into two smaller groups. The groups are Zumbatomic® Lil Starz (ages 4-7) and Zumbatomic® Big Starz (ages 8-12).

Session	Date (s)	Time	Day
Fall I (7 weeks/6 classes)	No Class Oct. 8		
	Sept. 12 - Oct. 22	6:15 - 7:00 p.m.	Fri
	Fee: Program \$48 / Resident \$42/ Member \$36		
Fall II (8 weeks/7 classes)	No Class the week of Nov. 22		
	Oct. 30 - Dec. 18	6:15 - 7:00 p.m.	Fri
	Fee: Program \$56/ Resident \$49 / Member \$42		

Teen Training

By appointment only.

Our trainer will familiarize you with the fitness equipment in the weight area of the Rec. Center. We will concentrate on proper use with good form. 12, 13, and 14 year old teens that complete this training will be given a special card allowing them to workout regularly on equipment. 12 and 13 year olds must be accompanied by an adult (18 years and older) when in the fitness areas after completing the training. 14 year olds can work out on their own once completing the Teen Training.

No coupon.

Call (330) 468-8370 to schedule an appointment.

Fee: Program \$25/ Resident \$20/
Member \$15

Tap and Ballet Class

Session 1: Thursdays, Sept 16 – Oct. 21

Session 2: Thursdays, Nov. 4 – Dec. 16 (No class 11-25)

Join “All About Dance” as Jennifer teaches participants fun and exciting elements of dance. A routine will be instructed for each session and will be performed the last day of class for family and friends.

TAP CLASS

3-5 yr old 6:00 - 6:30 pm

6-9 yr old 7:15- 8:00pm

Preschool tap class teaches beginner tap techniques including shuffles, heel drops, and more. Tap class will help children with coordination, musical timing and foot articulation.

BALLET CLASS

3-5 yr old 5:30 - 6:00 pm

6-9 yr old 6:30-7:15pm

Preschool ballet class teaching beginner ballet dance techniques including first & second positions, plies, levee, and other ballet techniques. Ballet will help children with posture, flexibility and balance.

3-5 yr olds: \$36 Member / \$40 Resident/ \$44 Program

6-9 yr olds: \$42 Member / \$46 Resident / \$50 Program

Future Fitness Club

Future Fitness Club provides young people, ages 8-13, the opportunity to be active and learn healthy fitness habits.

Non-competitive activities include obstacle courses, relays, circuit training, rope jumping, swimming and a variety of fun games.

The Future Fitness Club meets 3 times per week for 8 weeks. The cost is only \$15 per month.

For details on how to get started, please call the location in your area as listed below or Akron Children's Hospital at 330-543-2126.



This healthy lifestyles program brought to you by Kohl's Community Youth Fitness, by Akron Children's Hospital, is available at the

Macedonia Family Recreation Center

**Program Dates:
September 7, 2010 – October 28, 2010**

Days/Time: Tuesday & Thursday at 4:45p.m.-5:45p.m.

***Participants will be given a FREE day pass each week to use the pool for their third day of activity!**

TO REGISTER PLEASE CALL 330-468-8375

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Kohl's Community
Youth Fitness

