



Special Classes

From time to time, we offer special classes designed to introduce kids to a variety of fitness activities.

Kids' Nordic Walking

An outdoor walking program using Nordic Walking poles to build coordination and increase fitness.

Kids' Running Club

A chance for kids to develop a lifelong love of running. Fun and games, along with mileage and speed tracking make running enjoyable for all ages.

Kids' Spin

A cardiovascular workout on our indoor bikes...inspiring music, guided instruction and lots of fun make the time fly!

Kids' Yoga

Learn a series of poses and postures that focus on strength, flexibility and balance. Yoga for Kids classes are held during school vacations.

These classes are usually offered during school vacations.

See flyer boards for details of upcoming programs.



Ongoing Programs

Swimming Instruction

Private lessons are available year round. Please see our Aquatics Brochure for more information or contact Shelly Kelley (707) 521-2471 shellyk@airportclub.com

Kids' Swim Fitness

Please see our Aquatics Brochure for more information or contact Shelly Kelley (707) 521-2471 shellyk@airportclub.com

Non-competitive Swim Team

Please see our Aquatics Brochure for more information or contact Shelly Kelley (707) 521-2471 shellyk@airportclub.com

Tennis

We offer ongoing classes for various levels and age groups. Little Tennis – Young Guns – Top Guns - Spin Doctors. See Tennis Brochure for more information or contact Peter Regan (707) 799-5221 peterr@airportclub.com

Personal and Team Training

Contact Paula Bellagio (707) 521-2472 paulab@airportclub.com

For more information, contact Connie Van Riet, Kids' Fitness Coordinator (707) 521-2415 conniev@airportclub.com



Kids' Fitness Schedule



Summer
2009



Airport Health Club

432 Aviation Blvd, Santa Rosa, CA 95403



Weekly Kids' Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
	Fitness Play 10:00-10:30	Fitness Play 10:00-10:30	Fitness Play 10:00-10:30	Fitness Play 10:00-10:30	Fitness Play 10:00-10:30	Kids' Climb 10:00-2:00	
Evening							
		Kids' Climb 4:00-8:00	Kids' Climb 4:00-8:00	Kids' Climb 4:00-8:00			
			Wacky Climb 5:00-6:00				

Weekly Kids' Activities

Fitness Play -- Ages 2-4

Fitness activities and movement games using a wide range of props to get a kid size workout such as balls, hoops, balance equipment, jump ropes, rolls, rings, cones, balloons etc.

Fitness 4 Fun -- Ages 4-13 (Cancelled for the summer, resume in the fall.)

A fun movement class designed to develop cardiovascular fitness, motor skills, balance, endurance, flexibility, agility and strength. Activities encourage locomotion movement such as running, hopping, jumping, sliding, galloping, skipping, sprinting, twisting and leaping etc.

PB&J -- Ages 5 and up (Cancelled for the summer, resume in the fall.)

Play...Bounce...Jump! 30 minutes of active fun!

Kids' Climb -- Ages 5 and up

Supervised climbing on our Rock Wall. Kids will learn climbing technique and develop strength, flexibility and coordination. Sign up at the Service Desk.

Wacky Climb -- Ages 5 and up

All the fun of climbing with relays, games, prizes and more!

Upcoming Events

Parents' Night Out

June 26th

5:45 – 9:15 p.m.

Drop the kids with us and enjoy a night out for yourself!

Cost: \$20/child on membership.

\$25/child not on membership.

**Save \$5/each additional child

Kids' Sports Camp

June 22nd – 26th

July 27th – 31st

9:00 a.m. – 12:00 p.m.

Cost: \$150.00 members

\$185.00 non-members

Kids' Running and Swimming Club

July 6th - 27th

10:00 - 11:15 a.m.

Come run and swim with us! Fun, games, relays and more!

Cost: \$8

Kids' Olympics

Date: TBA

Sign up for either activity at the Service Desk.

