



# TRAIL POINT PROGRAMS

## MINI SESSION DATES

Nov. 10 – Dec. 14

*No Programs Nov. 19-25*

## REGISTRATION DATES

Members: Oct. 26

Non-Members: Nov. 2

CLASS	AGE	DAY	TIME	PRICE PER SESSION
				Member/Non-Member
Parent Tot	2-3	Sat	9:00am-9:45am	\$20/\$40
Ballet	3-4	Sat	11:15am-12:00pm	\$20/\$40
Duplo Club	3-4	Tue	4:00pm-5:00pm	\$10 - Members Only
Duplo Club	3-4	Sat	11:00am-12:00pm	\$10- Members Only
Kids Bootcamp	3-4	Mon	9:15am-10:00am	\$20/\$40
Little Ninjas	3-5	Tue & Thu	6:15pm-6:45pm	\$20/\$40
Cheer & Tumble	3-6	Thu	5:15pm-6:00pm	\$20/\$40
Tumble	5-8	Tue	5:15pm-6:00pm	\$20/\$40
STEM-Lit to Go!	5-9	Wed	4:15pm-5:15pm	\$20/\$40
Lego Club	5-12	Tue	4:00pm-5:00pm	\$10- Members Only
Lego Club	5-12	Sat	11:00am-12:00pm	\$10 - Members Only
Homeschool Gym	6-9 & 10-16	Wed	1:00pm-2:00pm	\$20/\$40
Girls Basketball Club	Up to 12	Sun	12:00pm-1:30pm	Free for Members
Kids Yoga & Mindfulness	7-12	Wed	6:00pm-6:45pm	\$20/\$40
Basketball Club	9-14	Sat	12:00pm-1:30pm	Free for Members
Dynamic Junior	9-14	Sat	10:15am-11:00am	\$25/\$50
Tae Kwon Do	6+	Tue & Thu	6:45pm-7:30pm	\$25/\$50
Mom's Club (1 <sup>st</sup> Thursday/month)	Moms	Thu	5:00pm-6:00pm	Free for Members
Runner's Club	12+	Mon & Thu	5:00pm-6:00pm	Free for Members
Volleyball Club	12+	Fri	6:00pm-8:00pm	Free for Members
Women's Basketball Club	13+	Sun	12:00pm-1:30pm	Free for Members
Weight Management Club	18+	Mon	5:45pm-6:45pm	Free for Members
Family Friendly Classes (Fam)	9-12	See Group Exercise Schedule		Free for Members
Les Mills BODYPUMP Launch Party	13+	Registration opens October 15		Free for Members
Les Mills BODYPUMP Classes begin Nov. 5	13+	See Group Exercise Schedule		Free for Members
i-9 Sports – Basketball League (Indoors)	4-12	Registration at <a href="http://www.i9sports.com">www.i9sports.com</a> Deadline Dec 5		Winter Promo Code: TPAW2
i-9 Sports – Soccer League (Indoors)	4-10	Registration at <a href="http://www.i9sports.com">www.i9sports.com</a> Deadline Dec 5		Winter Promo Code: TPAW2
BOGAFiT	Adult	Wed	7:30pm-8:15pm	\$25 - Members Only
B-Board	Adult	Tues	5:15am-6:00am	\$25 - Members Only
B-Board	Adult	Thu	5:15am-6:00am	\$25 - Members Only

# 2018 Winter Program Descriptions

**Ballet** – Basic ballet moves working on coordination, motor skills & fun! Leotards, tights, ballet slippers required.

**Basketball Club** – Meet at Trail Point for staff supervised pick-up games.

**BOGAFit** - Fitness Regimen developed by combing best aspects of key proven movements. Think Boot camp and a little Yoga on the FITMAT on top of the water! One of the newest water fitness classes to hit the market in 2017! You will sweat, laugh, and work hard all at once and in the H2O!

**B-Board** – Just like BOGAFit with a little twist. Includes elements of strength & yoga on the FITMAT on the water.

**Cheer & Tumble** - Learn cheers, dance and stunts in our terrific program. This class is designed for girls and boys with or without prior cheerleading experience.

**Duplo Club** - Join our Duplo club especially designed for small hands.

Weekly classes include a themed Duplo build to create your own master piece!

**Dynamic Junior** – kids will gain confidence strength, speed, agility in this fun, cross-fit type of class.

**Family Friendly Classes (Fam)** – These classes are reserved for participants 9 years and older. Every person present in the studio must participate in the class. Kids 8 and younger cannot be present in the studio during the class.

**Kids Yoga & Mindfulness** - Introduce yoga full of fun activities. Balance of quiet and active poses with games, playing, storytelling, drawing, simple breath, meditation and rest.

**Girls Basketball Club** – Meet at Trail Point for staff supervised pick-up games. Reserved space for girls only basketball.

**Homeschool Gym** – Learn about the many different fitness activities that encourages social interaction.

**i9-Sports** – i9 sports offers youth sports leagues, camps and clinics for boys and girls ages 3 and up in today's most popular sports such as flag football, soccer, basketball, baseball and ZIP Lacrosse.

**Kids Bootcamp** – Kids introduced to fitness activities that will help develop large and small motor skills.

**Little Ninjas** – This Tae Kwon Do class tailored especially for preschoolers focuses on the basic elements of this ancient art.

**Lego Club** – Join our LEGO club and hone your building skills. Our weekly meetings will include a themed Lego build, where you can create your own master piece!

**Les Mills BODYPUMP** – The original Les Mills barbell class that will tone, sculpt, and strengthen your entire body, fast! This class challenges all of your major muscle groups while you squat, press, lift and curl.

**Mom's Club** – Come take a break with other moms at Café X- No kids allowed. ☺

**Parent Tot** – Develop large and small motor skills in a fun setting. Age appropriate games along with sports and obstacle courses will be incorporated. Parents are encouraged to be in class to play alongside their children.

**Runner's Club** – Meet and train with others in the running community.

**STEM-Lit to Go!** – Is an innovation 4-H program that builds STEM and literacy skills for children in an informal education setting. Each STEM-Lit to Go! Session will include a short story and hands on activity exploring different science principles including such activities as designing roller coaster and testing the science behind bubbles.

**Tae Kwon Do** – Gain a strong foundation to build on. Develop discipline, concentration, confidence and leadership.

**Tumble** – Boys and girls learn summersaults, cartwheels, and other simple tumbles in our terrific program. No prior tumbling experience required.

**Volleyball Club** – Meet with other volleyball enthusiasts that enjoy playing the game.

**Weight Management Club** – Meet with others who are pursuing a healthy weight loss goal.

**Women's Basketball Club** – Reserved space for women to play basketball.