

CHRISTUS Good Shepherd Institute of Healthy Living

JULY 2017 Kids Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 a.m.	<u>Kids on the Move</u> Ages 6-12 Edu. Rooms (60 Min)		<u>Kids on the Move</u> Ages 6-12 Edu. Rooms (60 Min)	<u>Kids on the Move</u> Ages 6-12 Edu. Rooms (60 Min)		<u>Kids on the Move</u> Ages 6-12 Hideaway/Gym (60 Min)	
10:15 a.m.		<u>Kids on the Move</u> Ages 6-12 Hideaway/Gym (60 Min)			<u>Kids on the Move</u> Ages 6-12 Hideaway/Gym (60 Min)		
12:00 a.m.	<u>Family Court Time</u> Ages 6 & up Gymnasium 12:00-1:00pm		<u>Family Court Time</u> Ages 6 & up Gymnasium 12:00-1:00pm			<u>Kids Open Play Basketball</u> Ages 8 & up Gymnasium 11:00-12:00pm	
1:00 p.m.		<u>Kids Open Play Basketball</u> Ages 8 & up Gymnasium 1:00-3:00pm		<u>Kids Open Play Basketball</u> Ages 8 & up Gymnasium 1:00-3:00pm			
1:30 p.m.	<u>Competitive Lap Swim</u> Ages 6 & up Lap Pool 1:30-3:30pm		<u>Competitive Lap Swim</u> Ages 6 & up Lap Pool 1:30-3:30pm		<u>Competitive Lap Swim</u> Ages 6 & up Lap Pool 1:30-3:30pm	<u>Family Swim</u> All Ages Aquatics Area 1:00 - 7:00pm	<u>Family Swim</u> All Ages Aquatics Area 1:00 - 7:00pm
4:00 p.m.					<u>Family Court Time</u> Ages 6 & up Gymnasium 4:00-6:00pm		
5:00 p.m.					<u>Family Swim</u> All Ages Aquatics Area 5:00- 7:00pm		
5:30 p.m.	<u>Kids on the Move</u> Ages 6-12 Edu. Rooms (60 Min)	<u>Kids on the Move</u> Ages 6-12 Edu. Rooms (60 Min)	<u>Kids on the Move</u> Ages 6-12 Edu. Rooms (60 Min)	<u>Kids on the Move</u> Ages 6-12 Edu. Rooms (60 Min)			

Healthy Living Hideaway - Ages 12 and under

Where children have a fun, active and safe environment to interact for up to two hours per day. **Reservation for one hour** of stay per day required for all **infants** until independently walking. Please call **(903) 323-6513** for availability. Hours of Operation: Monday - Thursday 8 a.m. - 8 p.m.; Friday 8 a.m. - 1 p.m.; Saturday 8 a.m. -12 p.m.; closed on Sunday.

Kids Classes - Ages 6 to 12

After checking into the Hideaway children age 6-12 are welcome to join in the fun. Kids must come prepared with athletic attire and **running shoes**. For their safety, children not dressed appropriately will not be allowed to participate.

- **Kids on the Move:** Using the "play with a purpose" philosophy, children are introduced to basic fitness components through various games, interactive play and creative movement.

The guidelines below outline the expectations for Kids' classes. Classes that do not meet the minimum participant requirements may be cancelled, combined or rescheduled to another time.

1. Please listen while the instructor is talking.
2. Please be quiet walking to and from Kid's Class.
3. May bring a water bottle labeled with child's name, be respectful of others.
4. Wear appropriate athletic clothes and athletic shoes.
5. Aggressive or disrespectful behavior will not be permitted. Immediate removal from class and parent notified. Three "strike outs" may warrant a nonrefundable suspension.

Family Court Time - Ages 6 and up

Parents must accompany all children participating.

Kids Open Play Basketball - Ages 8 and up

At least (1) parent must accompany any group of participating children.

Family Swim - All Ages

All ages, including newborns, can use the pool with their parent. Please use the Family Changing Rooms when entering or leaving the pool area with children under the age of 12. Children ages 12 - 14 may utilize locker rooms when accompanied by a parent.

Competitive Lap Swim- Ages 6 and up

A dedicated lane is available for those that have competitive swimming skills already established. **Parents must accompany all children under the age of 15.** Please use Family Changing Rooms when entering or leaving the pool area with children under the age of 12. When accompanied by a parent, children ages 12 - 14 may use locker rooms.

Gymnasium/Upstairs Fitness Floor/Group Exercise Classes/Aquatics

Children 12, 13 and 14 may actively utilize the gymnasium, upstairs fitness floor, group exercise classes, aquatic amenities and locker rooms **only under direct parental supervision**. Children 15 years and older may use the entire facility without parental supervision.

Outdoor Track

Open to all kids under the age of 15 with direct parent supervision. Strollers are allowed. Three laps equal 1 mile.