

CAC Children's Fall/Winter Activity Calendar

Fall/Winter 2011 (Effective September 6, 2011)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tumbling Tots 8:30am Ages: 2-3 years	Tumbling Tots 8:30am Ages: 2-3 years	Tumbling Tots 8:30am Ages: 2-3 years	Tumbling Tots 8:30am Ages: 2-3 years	Tumbling Tots 8:30am Ages: 2-3 years		
Power Kids 8:30am Ages: 4-6 years	Power Kids 8:30am Ages: 4-6 years	Power Kids 8:30am Ages: 4-6 years	Power Kids 8:30am Ages: 4-6 years	Power Kids 8:30am Ages: 4-6 years		
Teenie Tigers 9:30am Ages: 2-3 years	Teenie Tigers 9:30am Ages: 2-3 years	Teenie Tigers 9:30am Ages: 2-3 years	Teenie Tigers 9:30am Ages: 2-3 years	Teenie Tigers 9:30am Ages: 2-3 years		
Cardio Kids 9:30am Ages: 4-6 years	Cardio Kids 9:30am Ages: 4-6 years	Cardio Kids 9:30am Ages: 4-6 years	Cardio Kids 9:30am Ages: 4-6 years	Cardio Kids 9:30am Ages: 4-6 years		
Swimming Sharks (Indoor Pool) 10:30am Ages: 3-6 years	Sports Skills (Outside) 10:30am Ages: 3-6 years	Swimming Sharks (Indoor Pool) 10:30am Ages: 3-6 years	Sports Skills (Outside) 10:30am Ages: 3-6 years	Crafts (Kids Club) 10:30am Ages: 3-6 years	Racquet Kids 10:00am Ages: 6-13	
Kid's Club Outdoor Play 4:00pm-8:00pm Ages: 6-13	Kid's Club <i>Swimming</i> 4:00pm-8:00pm Ages: 6-13	Kid's Club <i>Arts and Crafts</i> 4:00pm-8:00pm Ages: 6-13	Kid's Club <i>Swimming</i> 4:00pm-8:00pm Ages: 6-13	Kid's Club <i>Aerobics Class</i> (5:00pm) <i>Racquetball</i> 4:00pm-8:00pm Ages: 6-13	Kid's Club 9:00am- 12:30pm Ages: 6-13	Kid's Club 1:00pm-4:00pm Ages: 6-13

Children participating in Swimming Sharks must wear life jacket and swimsuit. Life jackets are not provided by CAC.

Bring all children ready to play outside, with sunscreen and play clothes everyday.

**Children 7 years and older can participate in the group exercise classes with a parent

II children 10 years and older can meet with the personal trainer and use the weight areas while being supervised by an

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