

**Clarksville Athletic Club Zone Activity Schedule Fall 2018 (Effective 8/6/18)**

Ages 7-13 yrs

Monday – Friday 9:00am – 12:00pm / 5:00pm – 8:00pm

**The Zone will be open mornings only when CMCSS is out.**

**Reservations required.** Call or see service desk to reserve your child’s spot in class. You may call three days in advance for reservations.

Limited to 2 hours per day.

**Children must be dressed and prepared to participate in activities. Athletic shoes only.**

<b>Day/Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>5:00*</b>	**Special guests/ Board Games	Basketball/Sports Basketball court)	Self Defense/homework	**Special guests/ Life size board game/homework	Indoor Zone fun/ Homework
<b>6:00</b>	Circuit Fun/Homework (Zone)	Outdoor fun/Special Guest**	Circuit Fun (Zone)	Wellbeats (Group x2)	Sports Time Fun (Racquetball Court)
<b>7:00</b>	Indoor Zone Fun (Zone)	Relay Race Fun Track)	Fun Nutrition games (Zone)	Relay Race Fun (Track)	Circuit Fun (Zone)

**\*See monthly special guest schedule\***

**\*\*It is highly recommended they come dressed in weather appropriate attire for days scheduled to go outside. In the event of rain or extreme cold, activities will be held in Zone.**

**\*\*\*Outdoor activities weather permitted.**

**\*\*\*\* If track usage is high during scheduled hour, The Zone will not utilize the track and will be in the Zone room.**