

Clarksville Athletic Club Zone Activity Schedule Summer 2019 (Effective 06/03/19)

Ages 7-13 yrs

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

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.

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Outdoor Activities (Grassy area/sand volleyball)	Sports Fun (Racquetball Court)	Basketball/Sorts (half court)	Sports Fun (racquetball court)	Outdoor Activities (Grassy area/sand volleyball)
10:00	Basketball/Sports (half court)	Circuit Fun (Zone)	Self Defense (Zone)	Free Play (Zone)	Self Defense (Zone)
11:00*	*Special Guest* Indoor zone Fun	Swimming (indoor Pool)	*Special Guest/ Outdoor Activities	Wellbeats (Group x2)	Swimming (indoor pool)

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00*	**Special guests/ Indoor Zone fun	Basketball/Sports (Basketball court)	Indoor Zone Fun/Self Defense (Zone)	**Special guests/ Outdoor activities(grassy area/sand volleyball)	Free play (Zone)
6:00	Circuit Fun (Zone)	Free Play/Self Defense	Circuit Fun (Zone)	Wellbeats (Group x2)	Sports Time Fun (Racquetball Court)
7:00	Relay Race Fun (Track)	Outdoor Activities (Grassy Area/sand Volleyball)	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 and on swim days! In the event of rain, all activities will be held in the Zone. In the event of excessive heat or high heat index, instructors have discretion to change schedule.**

****Outdoor activities are weather permitting**