

Clarksville Athletic Club Zone Activity Schedule Fall/Winter 2019 Effective (8/12/19)

**Ages 7-13 yrs**

Monday – Friday 5:00pm – 8:00pm

**The Zone will be open mornings from 9am-12pm only when CMCSS has scheduled days off!**

**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  Sports activities (Basketball Court)	Indoor Zone Fun/ Self Defense With Mr. Richard (Zone)	Indoor Zone Fun/ Self Defense With Mr. Richard (Zone)	**Special guests/ Outdoor activities(grassy area/sand volleyball)	Sports Activities  (Basketball Court)
<b>6:00</b>	Circuit Fun (Zone)	Free play (Zone)	Sports Time Fun (Racquetball Court)	Relay Race Fun (Track)	Sports Time Fun (Racquetball Court)
<b>7:00</b>	Relay Race Fun  (Track)	Outdoor Activities (Grassy Area/sand Volleyball)	Swimming  (indoor pool)	Wellbeats  (Group x2)	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 cold weather the instructors have discretion to change schedule.**

**\*\*Outdoor activities are weather permitting**