

Clarksville Athletic Club Zone Activity Schedule Fall/Winter 2020-2021 Effective (9/1/20)

Ages 7-13 yrs

Monday – Friday 5:00pm – 8:00pm

(The Zone will be open mornings from 9am-11pm 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/5 hours per week

Children must be dressed and prepared to participate in activities. ATHLETIC SHOES ONLY.

| Day/Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|--|---|--|-------------------------------------|
| 5:00 | Circuit Fun (Zone) | Indoor Fun (Zone) | Sports Time Fun (Zone) | Relay Race Fun (Track) | Outdoor Activities (Grassy Area) |
| 6:00 | Self Defense with Mr. Richard (Zone) | Pickleball With Mr. Darby (Half court) | Strength Training With Ms. Jennifer (Half court)) | Self Defense with Mr. Richard (Zone) | Sports Time Fun (Zone)(|
| 7:00 | Relay Race Fun (Track) | Outdoor Activities (Grassy Area) | Fun Nutrition Games (Zone) | Wellbeats (Group x2) | Circuit Fun (Zone) |

****It is highly recommended they come dressed in weather appropriate attire for days scheduled to go outside. 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**

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