

# WINTER KIDZ JAM



Kidz Jam is a fitness and nutrition program tailored to kidz. The program will introduce exciting new skills, equipment and healthy eating habits. Class will be led by enthusiastic and experienced instructors. Sessions will include circuit stations, innovative equipment, games, exploration skills, movement & fun. Sessions will also include snacks and nutrition talks. Sign-up today and join the fun at Courts

## KIDZ JAM

**Who:** Kindergarten - 3<sup>rd</sup> Grade

**When:** Tuesday & Thursdays

**Time:** 5:45pm-6:30pm

**Dates:** January 31<sup>st</sup> - March 15<sup>th</sup>

**Cost:** \$10 (Members)  
\$25 (Non-Members)

## PRE-SCHOOL KIDZ JAM

**Who:** Pre-School (3-5 Years)

**When:** Fridays

**Time:** 9:00am-10:00am

**Dates:** February 3<sup>rd</sup> - March 16<sup>th</sup>

**Cost:** \$10 (Members)  
\$25 (Non-Members)

**Information:**

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