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**KIDZERCISE CLASSES 3YRS - 6 YRS**

**CLASS SCHEDULES COMING FEB 2024**

**Ready, Set for Preschool**: (3 - 4 years old) This class is designed to prepare your little one for preschool or to just be more independent. Each class begins with free play but moves into circle time, that will include colors, shapes, numbers, songs and so much more.

The class continues with games and activities where your little ones will learn about sharing.

and following instructions. Each week we will repeat the structure of the class and add in a new activity. Halfway through the class, we will have snack time (parent provided snack time) where children will sit together at the table in a small group. This class is great way to get your little one ready for what they can expect at preschool!

**Pee Wee Sports** (3 years-5 years): This fun filled sports class is aimed at gross motor development! In this class we work on skills such as running, jumping, throwing passing, hand eye coordination, balance and agility. Each week kids will be introduced to different sports such as soccer, basketball, softball, and football. We keep them moving and engaged by doing more than 1 sport each week. They will also run through obstacle courses, play dodgeball & more! This class is a great way to find out which sport your child may be interested in the most!

**Pom Pom Fitness** (3 - 5years old) this introductory class teaches kids the fundamentals of cheer and dance. Helps with gross motor skills and hand-eye coordination. Pom Poms will be used in this class. This is a non-competitive class.

**Funzy Fitness** (4 -6 years old) This class incorporates fun & fitness through a wide variety of games and activities. Kids will get plenty of exercise while playing games that require them to run, jump, duck, throw and work as a team. Not only are the kids getting plenty of exercise they are improving their gross motor skills, hand-eye coordination and building muscle! Our classes begin and end with strength exercises for a complete workout!