Kids Programs

Pre-Teen/Rockwall Room*
For children 7-13 years of age

Gymnasium*
Open play ANYTIME except during Noon Hoops

Junior Fitness*
For children 7-13 years of age

ZumbAtomic®*
Latin cardio dancing class for children 4-13 years of age

Yoga*
For children 7+ years of age and accompanied by an adult

Kid’s Combat*
For children 4-13 years of age-Mixed Martial Arts Cardio Class

Nursery/Tot Room
For Children ages 6 weeks to 6 years of age

Swimming Lessons
For children 6 months and up

Tennis Lessons
For children 5+ years of age

XPLODE
Sports Performance for children 9+ years of age

Kids’ Camps
For children 4-13 years of age

Recreation Swim ANYTIME!*

* Included in Membership

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509-943-8416