

LaGrange 2011

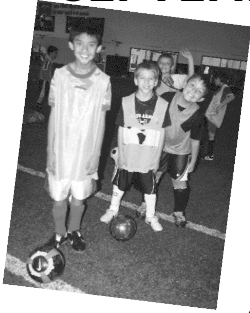
Kids Programs

Are Hot!

Gold's Gym LaGrange

258 Titusville Road,
Poughkeepsie, NY 12603
(845)463-4800

SEPTEMBER – DECEMBER 2011 (6-Week Sessions)



LITTLE KICKERS

Ages 3 & 4 years
Tuesdays 1:30pm-2:15pm
Tuesdays 4:00pm-4:45pm
Fridays 9:15am-10:00am
A fun-filled introductory soccer-based class for 3 & 4 year old children. This class teaches balance, coordination, and gross motor skills through agility exercises and soccer-related

games and activities. Parent participation is optional.

Cost: \$65/members and \$85/non members

Tuesday Sessions:

Session 1: Sept 20 – Oct 25

Session 2: Nov 8 – Dec 13

Friday Sessions:

Session 1: Sept 23 – Oct 28

Session 2: Nov 11 – Dec 16

LITTLE DRIBBLERS

Ages 4 & 5 years
Wednesdays 10:15am-11:00am
A fun-filled introductory basketball-based class for 4 & 5 year old children. This class teaches balance, coordination, and gross motor

skills through agility exercises and basketball-related games and activities. Parent participation is optional.

Cost: \$65/members and \$85/non members

Wednesday Sessions:

Session 1: Sept 21 – Oct 26

Session 2: Nov 9 – Dec 14

(no class Nov 23)



JUNIOR DRIBBLERS

Ages 6 - 9 years
Mondays 4:15pm-5:00pm

A fun-filled basketball class for 6-9 year old children. This class teaches the basic skills of the game while stressing the importance of teamwork. Parent participation is optional.

Monday Sessions:

Session 1: Sept 19 – Oct 24

HOP-N-HEALTHY

Ages 2 - 5 years
Mondays 11:15am-11:45am

A fun, toddler fitness class provided by certified fitness specialist Ginny Leake. Lively upbeat music provides the energy needed for a variety of great activities! Non-stop movement and fun!

Early Bird Special: \$54 (\$8.00 per session)

Cost: \$60 per session or pay as you go option of \$10.00 per class.

Monday Sessions:

Session 1: Sept 19 – Oct 24

Session 2: Nov 7 – Dec 12



KNOW OUR OWN STRENGTH™



check out our website for more details: www.goldsgym.com/hudson_valley

SCHOOL'S OUT FUN DAYS

Age 5-13 years

9:00 am – 4:00 pm Full Day \$25m/30nm per day

Early Drop Off: 7:00am Late Pick Up: 6:00pm

\$10 per day

A healthy solution for parents on those "NO SCHOOL" days. Our main goal is to provide active fun for your children. Games, activities, crafts, challenges and more...there's no limit to the possibilities! Your kids will go home happy AND tired! (Please pack a bag lunch and beverage.)

Thursday, September 29th

Monday, October 10th

Friday, November 11th

Monday, December 26th –Friday, December 30th

* Dates subject to change, depending on school calendars

PARENT'S NIGHT OUT

Ages 4 – 12 years

Take advantage of this great opportunity for a night out! The program includes staff supervised games, activities, and a movie. Members and non-members welcome!

Space is limited. All children must register in advance to secure a spot. For program dates and times, please check www.goldsgym.com/hudsonvalley or inquire at Service Desk.

KIDZONE HALLOWEEN BASH

Date/Time: TBD

Wear your best costume and come enjoy a night of spooky fun! Games, music, prizes and of course the KidZone's original Haunted Maze

KIDS CLUB

HALLOWEEN PARADE

Monday, October 31, 2011

10:30am

Bring your child dressed in costume to join us in our parade around the gym. Goodies and juice after the parade in Kids Club room.



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AFTER SCHOOL PROGRAM

Grades K-6

3:30pm – 6:00pm

Homework supervision, recreational sports activities, fitness fun, free playtime, craft projects and more!

For more information contact Jill Detz at

kidslg@goldsgymhv.com.

WOW! FREE PASS

LaGrange Gold's Gym KidZone!



Kids Fitness Equipment, Traverse Climbing Wall, Climbing Net, Jump Ropes, Hula Hoops, Beanbags, Obstacle Courses, Scooters, Balls, Balance Beam, Parachute, and Balance Boards...and more!

www.goldsgym.com/hudsonvalley

CALL TODAY FOR MORE INFORMATION:

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