



## DESCRIPTIONS of Classes and Programs using the GYM in May!

**\*The following classes and programs are Complimentary for Family Members. Non-members pay a \$5.00 drop in fee.**

**\*Fit 'n GO:** Ages 3-8 Meet in the Youth Lounge and check in. Then **GO CRAZY** in to the gym. Please sign-up at the front desk. Space is limited. **South** side of the gym.

**\*Fit 'n FUN:** Ages 3-6 Start in the Youth Lounge and check in. Then 45 minutes in the gym with program staff for relays, hula hooping, jump rope and tag games. **North** side of the gym.

**\*Learn 'n BURN:** Ages 7-12 Meet and check-in **North** side of the gym with Program Staff. 20 minutes total body workout and an organized activity like kick ball, capture the flag, badminton, flyer's up or foursquare. A wide variety of games.

**\*TURBO KIDS:** Ages 3-8 Meet and check in at the **South** side of gym for lots of wild and crazy gym games. Please sign up at the front desk to reserve your spot! Space is limited.

**\*SWIM 'n GYM:** Ages 3-6 Meet in the gym and check in with Program staff. Please sign up at the front desk to reserve your spot! Space is limited.

**\*DODGE BALL:** Grades 2<sup>nd</sup> and older. **FULL GYM** will be used on **Wednesday and Friday:** 5:45-6:45pm for dashing, ducking, diving, dodging and digging.

**\*BADMINTON:** Ages 10 to Adult. We will set up the badminton net so you can come and play. Middle of the gym used.

**\*BASKETBALL OPEN GYM:** Full gym may be used when a lot of participants show up; half gym is used most days.

Mondays (17 to Adult) from 7-9pm

Wednesdays (12 to 16) from 4:30-5:45pm

Saturdays (16 to Adult) from 8-10am

**\*PICKLE BALL:** Ages 8 to Adult. We will set up the pickle ball net on the **South** side of the gym. **Fridays** 7-9pm.

**\*VOLLEYBALL:** Ages 12 to Adult. We set up the volleyball net middle of the gym, so you can come and play on

**Saturdays** 11-1pm.

**\*BOOTCAMP:** Designed to increase speed, agility, muscle strength and endurance using sport specific movements in **South** side of the gym.

**American Red Cross Babysitting Certification Class:** This course is taught by a Certified American Red Cross Instructor. Designed to teach how to care for children and infants, learn how to handle emergencies, illnesses, and injuries. Write resumes, learn how to interview for a job and so much more!

**Time:** 9:00a.m-4:00p.m.

**Ages:** 11-15

**Date:** Saturday, May 5th

**Fee:** Members \$75+tax/\$90+tax non-members

**Kid's Night Out/PJ Party: "May Day":** Parents can go out and have fun while their kids come into CAC-Silver Lake for a night of fun, adventure and time with their friends. Participants will play games in the gym, eat dinner, watch a movie and or make crafts. Kid's Night Out participants (6-12) will go swimming from 6:30-8pm. PJ Party participants (3-5) will not swim. Kids have fun playing games, eat dinner, make crafts and watch a movie!

**Ages:** 3-5 PJ Party, no swimming.

**Ages: 5-12** Kid's Night Out, swimming.

**Time:** 4-8pm

**Fee:** Members \$25/Non-members \$35

**Date:** May 12th

**Mini-Sports Clinic:** Participants will learn the fundamentals of basketball, tee-ball, football and soccer **south** side of gym! 6-week class from **April 19th-May 24th!**

**Ages:** 3-6

**Time:** 1:30-2:30

**Days:** Thursdays

**Fee:** Members \$30/Non-members \$40

**Dance Express and Dance Choreography:** 6 week creative dance class learning basics of ballet, improve balance and coordination while moving to music! **April 15th-May 20th.**

**Where:** Mind Body Studio

**Where:** Group Ex. Studio

**Ages:** 3-6

**Ages:** 7-10

**Time:** 2-2:45

**Time:** 3:15-4

**Fee:** Members \$40/Non-members \$50

**Elite Pro Basketball Training with Carlos Humphrey:** Join Carlos on Sundays 6-week training: **April 15-May 20th.**

Improve your ball handling skills, your shooting ability and agility on the court. Please sign up at the front desk.

**Ages:** K to 3<sup>rd</sup> grade

**Ages:** 4<sup>th</sup>-7<sup>th</sup> grade

**Ages:** 8<sup>th</sup> to High School

**Time:** 3:30-4:30pm

**Time:** 4:30-6pm

**Time:** 6-8pm

**Fee:** Mem. \$75+tax/non \$95+tax

\$90+tax/\$110+tax

\$110+tax/\$135+tax

**New! Volleyball Scramble:** Limited to 10 people, (minimum of 6) Full Gym will be used for Volleyball Fun! Please sign up at the front desk to reserve your spot.

**Dates:** Saturday, May 19<sup>th</sup>

**Fee:** \$5.00 per person

**Ages:** 14-18yrs.old

**Time:** 5-7pm

**Ages:** 18 and older

**Time:** 8-10pm

**Family Fun Day in May!:** Families come in and enjoy organized activity in the gym like dodge ball, kickball or badminton and lots specials from the Silver Lake Café. Please sign up at the front desk so we know who can come!

**Time:** 11-1pm

**Fee:** Comp. for Family Members/\$5.00 for non-members

**Date:** Saturday, May 19<sup>th</sup>

**Ages:** All Ages Welcome

**PARTIES, PARTIES, PARTIES! Birthdays, Gym Rentals for basketball, volleyball and other sports can be reserved too! New in 2012! Outdoor Pool Party Rentals!**

**Need a quiet space to hold a meeting?** Reserve Columbia Athletic Club's spacious Conference Room. Please contact Bari Dockens at 425-1617 ext. 2226 or [barid@columbiaathletic.com](mailto:barid@columbiaathletic.com)