

WellKid Events

Fun and Healthy Happenings for Kids • January 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 p.m.	Kids Choice	WellKid Swim	Kids Choice	WellKid Swim	Kids Choice
4:30 p.m.	Wii Zumba/ Just Dance	Aqua Junior Boot Camp (minimum height 48")	Wii Zumba/ Just Dance	Aqua Junior Boot Camp (minimum height 48")	Kids Choice
4:45 p.m.	Wii Sports	Wii Sports	Junior Yoga	Wii Sports	Wii Games
5:30 p.m.	Wii Zumba/ Just Dance		Wii Zumba/ Just Dance		Wii Games
6 p.m.	Kids Choice	Kids Choice	Kids Choice	Kids Choice	Kids Choice

Hours of Operation

Monday – Friday: 8 a.m. - noon
Monday – Thursday: 4-8 p.m.
Friday: 4-7 p.m.
Saturday: 8 a.m. - 1 p.m.

All classes are designed for kids ages 6-12, are 30 minutes unless otherwise noted and are open to the community for \$5 per class. Tennis shoes and exercise clothing are a necessity, and sunscreen or a jacket may be needed for outdoor play.

Member Fee: \$1.50/first child and \$.75/each additional child for members; \$3/first child and \$1.50/each additional child for non-members. There is a two-hour limit per visit.

For more information about any of the WellKid offerings, call Tommie Curtis at 865-980-7117.

Winter Weather Policy

With winter weather continuing to be a possibility, please note that the childcare services follow the Alcoa City Schools schedule. If Alcoa City Schools are closed, there will be no childcare.



Blount Memorial
Wellness Center
Springbrook

www.blountmemorial.org

Fitness Fun for Kids

This six-week class includes bootcamp, strength training and yoga, and is designed for children age 6 and older. Pre-registration is required, and is available through the front desk.

Tuesdays, Jan. 17 - Feb. 21, 4-4:45 p.m.

Cost: \$60/non-members

American Red Cross Swim Lessons

Class size is limited, and payment is due at the time of registration.

Saturdays, Feb. 4 – March 24 • Registration begins Monday, Jan. 2

Cost: \$45/members; \$70/non-members

Parent/child – 9-10 a.m.

Orients children to the aquatic environment with parent's assistance, which helps them gain basic aquatic skills.

Preschool One – 9:30-10 a.m.

Orients children to the aquatic environment and helps them to gain basic aquatic skills.

Preschool Two – 10-10:30 a.m.

Helps children gain greater independence in their aquatic skills and to develop more comfort in and around the water.

Preschool Three – 10-10:30 a.m.

Helps children begin to gain basic swimming propulsive skills and to be comfortable in and around the water.

Level 1 – 11-11:30 a.m.

Participants will feel comfortable and learn basic skills, unsupported by the instructor.

Level 2/3 – 11:30 a.m. – noon

Builds on fundamental skills and concentrates on stroke development and refinement.

Private and buddy swim lessons for adults and children also are available. Call 865-980-7124 for more information.

WellKid Class Descriptions

Aqua Junior Boot Camp

Kids ages 6-12 participate in a 30-minute aquatic class, which includes water-based drills, fun and games. One to two lanes of the pool are reserved for this class, and participants must be 48" tall to participate.

Lap pool

Baseball/Softball

Kids participate in indoor and outdoor activities designed to help them learn skills necessary to succeed at the games, as well as good sportsmanship.

Junior Yoga

This class combines playtime with yoga, and each session offers a warm-up phase, a working — or playing — phase, and a cool down/deep stretch/relaxation phase.

Kids Choice

This class is an open play session, and those in attendance choose the activity.

Outdoor Games

Participants take structured games and activities to an outdoor setting in this class.

WellKid Lap Swim

One lane of the lap pool is reserved for WellKid swimmers. Children swim and accumulate mileage in the pool. Pre-registration is not required, and participants should check-in in the childcare area.

Wii Games

Kids participate with interactive Wii games including Just Dance, Zumba, Wii Play and Wii Sports.
