

FALL Paid PROGRAMS for Kids & Teens!

Programs begin the week of October 3rd unless noted
Register by September 26th to avoid a \$5 Registration Fee.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30am Mommy/Baby Boot Camp Ages NB -5	10:00am Dance & Movement Ages 2-4 4:15pm Youth Ride Ages 10+	4:00pm Youth Belly Dance Ages 10+	3:45pm Music & Movement Ages NB-5 4:30pm Kid Power Ages 8+	3:55pm Youth Gravity Ages 11-16 4:00pm Dance & Movement Ages 2-4 5:00pm Dance & Movement Ages 5-7 5:00pm Weight Training For Teens Ages 9+ 6:00pm HIP HOP Ages 9+	12:00pm KidFit Boot Camp Ages 8+ 12:30pm Youth Kinesis Ages 9+ 1:00pm Weight Training For Teens Ages 9+ Sunday 11:15am Youth Yoga Ages 8+
<div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p>Grade School Fun Night September 25th Grades 2-5</p> <p>Middle School Fun Night October 9th Grades 6-8</p> </div>					

Policies & Procedures

Sign up is on a first come, first serve basis. All programs are open to the public and discounted for members.

You may join most programs after their start date. Prorated class fees are based on the number of classes remaining at the drop in fee.

You may register in person at Spa 23's front desk (cash, check or charge) or register by mail and send to Spa 23 Attn: Program Director.

Register by September 26, 2010 for Fall programs. Late registrations will be charged a \$5 administration fee.

Programs require the completion of a medical health questionnaire.

You must check in at the front desk prior to each class.

No make ups unless Spa 23 reschedules class.

Courses may be cancelled due to insufficient registration. You will be notified.

On-site nursery available for a nominal fee.

Spa 23
Health & Racquet Club

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