



Kids Programs

Members:
Please register online
for all programs!

More info: Dianna@CascadeAC.com

Registration Information

- ~Registration is on a first come first serve basis.
- ~Many of our camps and programs fill.
- ~Every effort is made to place those on the waiting list.
- ~Priority given to Members.
- ~No make-ups for missed classes or camps.
- ~Programs that do not meet the min participation may be cancelled.

Cancellation Policy: 1 full week notice for refund.

Minimum \$5 processing fee will be charged.

Registration forms at the Service Desk or CascadeAC.com

***Members, and non-members with a credit card**

on file, please register online at

www.CascadeAC.com/familykid-programs

*Non-Members must come into a Club to register the first time and place a credit card on file to use the online registration program.



KID FIT

Play Fit * Run Fit * Live Fit

BE FIT!

An hour packed with fun, fitness, games and friends, Kid Fit is a group fitness class geared for our younger members. Kid Fit is designed to empower kids in a FUN and energetic environment to enjoy movement and exercise. Drop-in class. No registration required.

Age: enrolled in K-5th grade. ■ ▼ ▲

*Kid Fit is included with your Kid's Annual Membership.

Wear comfortable gym clothes and tennis shoes.

Gresham-held in Gym 2 & Outside

Mondays & Wednesdays 6:00pm

Saturdays 10:30am

Fisher's Landing-held in the Gym

Mondays & Thursdays 5:30pm Wednesdays 2:30pm

Saturdays 9:30am

NEW!!! Cascade 205-held in Group Fitness Room

Saturdays 12:00pm



JUNIOR JYM & SWIM

Age: 3-5 & potty trained

~Fast paced kids tumbling, movement & sports program.

~Designed to develop large & fine motor skills

~Uses obstacles, music, acrobatic skills & fun!

~Combine our Jr Jym class with swim lessons!

Includes 40 min of gym activities and 30 min of swim lessons. Wear a swimsuit under gym clothes. Drop off in Kids Klub or Gym and pick up at the pool. Please limit viewing of Jr. Jym class in Gym to the last Mon of each month. Siblings must remain at your side. Our instructors will bring the kids from the gym to the pool. (\$5 discount per session if registered 1 week prior to a new session. 6 week sessions ■ ▼

Jym & Swim ~ Mem: \$87 Parent Mem: \$94 Non: \$109

Jr. Jym only ~ Mem: \$51 Parent Mem: \$56 Non: \$61

Drop in fee JJ only: Mem \$11/Non \$14 per class

Mondays @ Gresham

10:00-11:15am J & S 10:00-10:40am Jr. Jym

NEW!!! Tuesdays @ Fisher's Landing

10:15-11:30am J & S 10:15-10:55am Jr. Jym

Space is limited in the swim class to 10.

18 SI: 9/18-10/23 SII: 10/30-12/11

Teen & Tween Friday the 13th Mystery Fun Night!

Our amazing FUN directors will lead the way with fun, games and social time with friends! Kids will embark on a Club wide scavenger hunt, have a murder mystery party and more. Bring a friend, gym clothes, and swim suit and towel. ■ ▼ **Open to Middle School Kids**

October 13-Gresham & Fisher's Landing 7-10pm

\$15-per child (min 6-max 30)



Join our Artist in Residence, Heidi Hudson, for a fun afternoon of

Mixed Media Messy Art!

Mon. Nov 20 4-5:30pm GRE

Mon. Dec 18 4-5:30pm FL

Ages: 6-10

\$20/mem \$25/non

10 min-15 participant max ■ ▼

GRE ■ EG ● 205 ▲ FL ▼