



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PRESCHOOL CARDIO BLAST

Youth Sports & Recreation HEALTHY & WELLNESS STUDIO

CLASS DESCRIPTION

Cardio Blast emphasizes fitness, rhythm, strength and teamwork for preschool age children. This class is built around boosting confidence, coordination, and achieving personal success. This 45 minute workout is a great way for children ages 3-5 to get active in a structured class environment. For the remaining 15 minutes, we go upstairs to the Community Kitchen for a healthy snack and reflection on the day's activity.

Day & Time

Thursday 9:15am - 10:15 am (March 1 – April 5)
Friday 11:00am - 12:00 pm (March 2 – April 6)

Ages

3 years to 5 years

Cost

Facility Member \$50
Program Member \$88

**[Registration is open online from
Feb 1 - Feb 27, 2012](#)**

ADDITIONAL INFORMATION

- Families have the option of signing up for our Scooter program. The Scooter program allows staff to sign your child into the Kids Corner or Adventure Zone for the maximum allotted time of 1.5 hours after Cardio Blast is over (for facility members only).
- Participants should wear comfortable clothing and bring a water bottle

Contact

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