

# PAC KIDS

FREE FOR MEMBERS

Summer

STARTS ON JUNE 4  
ENDS JULY 27  
*(Aqua Kids ends July 11)*

## GROUP EXERCISE SCHEDULE

### CLASSES DESIGNED FOR AGES 6-11

<b>M</b>	9:15am POOL	AQUA KIDS	11:00am STUDIO 1	KIDZ HOP
<b>T</b>	1:00pm STUDIO 1	KIDSBOXING		
<b>W</b>	9:15am POOL	AQUA KIDS	11:00am STUDIO 1	KIDZ HOP
<b>TH</b>	1:00pm STUDIO 1	KIDSBOXING		

### CLASS DESCRIPTIONS

**Aqua Kids (Age 6-11)** : This 45 minute class includes games and fun water activities, located in the 8-lane pool. Children must be able to swim to attend.

**Kidz Hop (Age 6-11)** : Call it dance. Call it exercise. But when kids move to music, they call it FUN! During KIDZHOP kids will try a variety of dance formats such as CIZE, Country Heat, Zumba and more!

**Kidsboxing (Age 6-11)** : Kids love to move. Why not take advantage of their urge to wiggle? This kickboxing class not only helps kids strengthen their muscles and hearts; it also teaches body awareness, coordination and balance.

**PELICAN**

ATHLETIC CLUB