



FirstKids Fitness Classes

Your kids workout, while you workout! This fun, high-energy fitness class for 5-12 year olds encourages healthy habits. Our team of certified fitness professionals, will use “fitness through play” to engage your child both physically and mentally. Reservations are made online per class so that you can drop in whenever your schedule allows. Go to www.firsthealth.org/fitness > my account > group exercise.

- Free for Total Health Members/\$5 Fitness Members/\$8 Community members

Specialty Classes

Give your kids an opportunity to explore and experience a variety of sports and activities without having to commit to an entire season. Your child can participate in Basketball, Cheer, Flag Football, Tennis and so much more for just one month and receive sport specific instruction from one of our certified fitness professionals. Reservations are made for the entire month or duration of that specialty. Go to www.firsthealth.org/fitness > my account > program registration.

- February 1-27, 2018: Flag Football \$25 Members/\$35 Community
- March 1-27, 2018: Basketball \$25 Members/\$35 Community
- April 9-May 4, 2018: Youth Triathlon Training

FirstKids Fitness Open Swim

Open Swim is offered on select days when swim lessons are not in session. Parents meet on the pool deck and escort your child to and from the designated changing areas. Extra staff will be in the water to supervise your child to ensure a safe and fun swim experience regardless of your child's swimming ability. Register online at www.firsthealth.org/fitness > my account > group exercise.

- Open Swim dates: Wednesdays, January 31, February 28 and Monday, March 26
- Free for Total Health Members/\$5 Fitness Members/\$8 Community members

SAMPLE WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday
FirstKids Fitness 4:15-5 p.m. (Basketball court)	Specialty Class 3:30-4:15 5-8 yrs 4:15-5 p.m. 9-12 yrs	FirstKids Fitness 4:15-5 p.m. (Studio B)	Specialty Class 3:30-4:15 5-8 yrs 4:15-5 p.m. 9-12 yrs

When you come to class wear tennis shoes and active apparel.
 Parents please escort your child to and from class location each day.
Register online at www.firsthealth.org/fitness and go to My Account.

Youth Special Events

Parents enjoy a break while the kids have a blast at one of our special events open to members and community. See website for event details. Register at the front desk or call (910) 715-1800.

- Winter Water Splash • January 12 from 6-8 p.m. • \$10 members/\$15 community; ea. add'l sibling \$15/\$20
- Parent's Night Out • February 16 from 5-8 p.m. • \$20 members/\$25 community; ea. add'l sibling \$15/\$20
- Youth Triathlon • May 12