KIDS HEALTHY COOKING PROGRAMS

KIDS HEALTHY COOKING CLASSES: $12 Members / $20 Nonmembers
Ages 5+, 5-7 needs to be accompanied by an adult. Up to 2 kids per adult.

Bread + Yoga = Boga | Saturday, January 12th from 10:00AM to 12:00PM | Kids will learn to make a mini loaf of bread from scratch. While it bakes, we will hold a short yoga class. What could be better!

Monster Toast and Eggs | Monday, January 21st from 5:30PM to 6:30PM | Breakfast for Dinner- you bet! It’s a fun take on toast, we are going to “paint” on the toast, scramble the eggs, and squeeze oranges for some rockin’ OJ! Ages 3+, ages 3- 7 must be accompanied by adult

Heart Shaped Veggie Pizza | Sunday, February 10th from 1:30PM to 2:30PM | Valentines’ Day is on the way! In this fun class we will make healthy veggie pizzas that will melt your heart!

The Hungry Caterpillar Loves Veggie Dip! | Monday, February 18th from 5:30PM to 6:30PM | Straight from the story, we will make our own Hungry Caterpillars. These caterpillars love their veggie dip and you will learn why. We have a special bonus treat planned for the end of class, so join us and come hungry!! Ages 3+, ages 3- 7 must be accompanied by adult

Power Ninja Bars | Saturday, March 9th from 10:00AM to 11:00AM | These no-bake granola bars will hit the spot when the kids come home from a long day at school! Made from whole food ingredients, this homemade granola bar will fuel your kids with all the energy they need!

Play-Dough Pizzas | Monday, March 18th from 5:30PM to 6:30PM | Let’s practice our spelling by making our own name from pizza dough. It’s a great way to learn letters and make a great snack! Ages 3+, ages 3- 7 must be accompanied by adult

Mix and Match Mini Fruit Tarts | Saturday, April 13th from 10:00AM to 11:00AM | We will make delightfully sweet fruit tarts with a graham cracker crust!

FAMILY HEALTHY COOKING CLASSES

FAMILY HEALTHY COOKING AND FITNESS PROGRAM

**NEW** FAMILY HEALTHY COOKING AND FITNESS PROGRAM

Better Together: A Family Focused Wellness Reboot | Sundays and Mondays, January 6th - February 25th
Cooking Class on Sundays from 3:00PM - 4:00PM and Fitness Class on Mondays from 6:00PM to 6:45PM | When it comes to your family’s health, exercise and nutrition should go hand in hand. Better Together is a program that combines them and is aimed at the whole family. Families with kids ages 7 and up can participate in eight family exercise classes and eight healthy cooking classes, along with the opportunity to do a before and after weigh in and out using our InBody Scale. See how you can improve your entire family’s health with Better Together! $120 members/ $160 nonmembers Ages 7+
YOUTH PROGRAMS (Programs below are $30 Members / $60 Nonmembers unless noted)

**Gym Madness** | Tuesdays and Thursdays, January 15th - January 31st from 5:00PM to 5:45PM | Gym Madness is a fitness program that allows kids to play a variety of gym activities every session. Ages 4-6

**Infant Series** | Saturdays, January 19th - February 23rd from 12:30PM to 2:30PM | The Parenting Series is a six-week series of classes to help caregivers and parents to connect and grow with their children Free and open to the community

**Teen Boot Camp** | Tuesdays and Thursdays, January 29th - March 7th from 5:00PM to 5:45PM | Tuesdays and Thursdays, March 19th - May 9th from 5:00PM to 5:45PM | Teen Boot Camp is a fun six week course designed to work on a variety of fitness principles. Molly, who carries a youth specialization personal training certificate, will cover topics on proper warm-up and cool-down techniques, stretching, body weight activities, core work, balance, plyometric and agility. Kids ages 13-18 are encouraged to sign up. Class size is limited to eight individuals. $60 Members/ $120 Nonmembers

**Youth Boot Camp** | Mondays and Wednesdays, January 28th - March 6th from 6:30PM to 7:15PM | Mondays and Wednesdays, March 16th - May 8th from 6:30PM to 7:15PM | Youth Boot Camp is a fun six week course designed to provide engaging games and activities while getting a workout. Molly, who carries a youth specialization personal training certificate, will cover a variety of fitness topics, including proper warm-up and cool down, stretching, balance, body weight activities and core work. Kids ages 8-12 years are encouraged to sign up. Class size is limited to eight individuals. $60 Members/ $120 Nonmembers

**Just Keep Kicking** | Tuesdays and Thursdays, February 12th - February 28th from 5:00PM to 5:45PM | Just Keep Kicking offers the chance to learn and practice the basic fundamentals of soccer. Each day there is a new skill to focus on along with challenging games to help enhance those skills. Ages 4-6

**Family Fit** | Monday, March 4th - April 8th from 6:00PM to 6:45PM | Family Fit is designed to get you and your kids moving together. This class will offer a variety of work outs designed for kids and their parents. The program is 6 sessions long and is for kids ages 7+ and their parents. Make Family Fit your new family night at Family Wellness! Ages 7+

**Sports Sampler** | Tuesdays and Thursdays, March 12th - March 28th from 5:00PM to 5:45PM | Sports Sampler is packed with a variety of fun sports for kids. Participants will learn and play sports of all sorts in a positive and encouraging environment. This camp will focus on teamwork, sportsmanship and giving your best effort at all times. Ages 4-6

**Batter Up** | Tuesdays and Thursdays, April 9th - April 25th from 6:00PM to 6:45PM | Batter Up is a Tee Ball / Whiffle Ball program where kids ages 4 – 6 can learn the basic skills to baseball through fun drills and activities. They will also get the opportunity to play games every day that focus on their skills and help improve their game.

**Youth Track** | Monday, April15th - May 20th from 5:30PM to 6:30PM | The track and field program is a great class that will introduce kids to most of the events in this sport, while teaching other skills such as: body awareness, proper biomechanics, and the enjoyment of competing. If you are looking to have your child get involved in a great sport and just have fun, this is the class for them! Ages 7-10

FAMILY AND YOUTH EVENTS AND CLASSES

**Babysitters Training** | Saturday, 1/12, Sunday, 2/10, Saturday, 3/23, Saturday, 4/27, OR Saturday, 5/11 from 8:00AM to 5:00PM | This nine-hour American Red Cross Babysitting Course is a hands-on way to learn everything you need to know about babysitting. Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Included in the course is American Red Cross First Aid and CPR Certification that is valid for two years. This course will teach you to be safe on the job, how to recognize an emergency and how to handle it as well. Lunch is included and will be cooked by each participant in the class with the guidance of a Healthy Cooking Instructor. Ages 11+ $65 Members/ $95 Nonmembers

**Infant Massage** | Tuesday, January 22nd from 6:00PM to 7:30PM OR Wednesday, April 24th from 6:30PM to 8:00PM | This class is for caregivers and their infants to learn how to massage their infants (bring baby). Free and open to the community

**Family Zumba** | Saturday, January 12th from 9:00AM to 10:00AM | Join us for a great opportunity to improve the health of every member of family by participating in easy-to-follow dance routines. All ages and abilities are welcome! $5 per family for members, $10 per family for Nonmembers.

**Family Yoga** | Saturday, February 23rd from 9:00AM to 10:00AM | Bond as a family, while learning skills you can use at home to increase your overall wellness. All ages are welcome! $5 per family for members, $10 per family for Nonmembers

**Camp Carnival** | Tuesday, March 5th from 5:00PM to 7:00PM | Camp Carnival is a fun, free, family event where you get to sample activities from our upcoming youth summer camps! Participants will get the opportunity to dip their toes into a little bit of each camp theme from sports to art, and even the wild wilderness. All ages are welcome! Free event

CHILDCARE EVENTS AGES 2 WEEKS - 9 YEARS OLD

**Parents Night Out** | Saturdays, 1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 4/6, 4/20 from 5:45PM to 8:45PM | Need a night out? Drop your children off at Family Wellness for a date night or just a night to yourself! Pre-registration is required and space is limited. Sign up by noon the Friday prior to the event. $12 Members/ $18 Nonmembers