

All Sports

Fall 2022-2023

Age 4-6 years (Max per class 12)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:15-4:45			9:00-9:30
		4:45-5:15			9:30-10:00
		5:15-5:45			

Expose your child to a different sport each week!

Our kid's fitness class are designed for children of all ages. With an emphasis on gross and fine motor skill development and hand eye coordination, our fitness classes help children build basic fitness skills that will serve them for a lifetime. Classes focus on simple stretching exercises and fun games, that encourage them to use their bodies and develop a love of physical activity. While the class concentrates on overall fitness, it will be adapted to focus on seasonal sports such as soccer, t-ball, basketball, flag football, [kickball](#), hockey, AND MANY [MORE!](#)

All kids develop an appreciation of physical activity in their lives and the importance of maintaining a healthy lifestyle as they grow. Sports mentoring & early understanding of sportsmanship are also emphasized.

All games and activities will be age appropriate.

PARENT REMINDERS

CHILDREN MUST BE SIGNED INTO KIDZQUEST

At least 15 minutes prior to start of their class.

No Parents are allowed in the Sport Center Area

2022-2023 Class Calendar

<i>Sept 12 Classes Start</i>	<i>Jan 16 No Classes</i>
<i>Sept 26 No Classes</i>	<i>Feb 17-20 No Classes</i>
<i>Oct 5 No Classes</i>	<i>March 20 No Classes</i>
<i>Nov 8, 10, 11 No Classes</i>	<i>April 7 No Classes</i>
<i>Nov 23-26 - No Classes</i>	<i>April 10-14 No Classes</i>
<i>Dec 23-Jan 2 No classes</i>	<i>May 24 Last Day of Classes</i>

No Classes when Flemington schools are out

Please contact Coach Candace at 908.782.4009 x234 for any questions

310 Hwy 31 North, Flemington, NJ www.hqfit.com 908.782.4009