

All Sports

Fall 2023-2024

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

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

2023-2024 Class Calendar

Sept 11 - Classes Start	
Oct 31 - No classes after 12 Noon	Dec 23-Jan 1 - No Classes
Nov 11 - No Classes	Feb 16-19 - No Classes
Nov 22 - No classes after 12 Noon	March 29 - April 7 No classes
Nov 23-26 No classes	March 7 - No classes
Dec 22 - No classes after 12 Noon	May 22 - Last Day of Classes

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