

## All Sports

Updated 9/19/24

Fall 2024-2025

Age 4-6 years  
(Max per class 12)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:30-5:00		5:30-6:00	9:00-9:30
		5:00-5:30		6:00-6:30	9:30-10:00
		5:30-6:00			10:00-10:30

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*

### 2024-2025 Class Calendar

Mon Sept 9th	Classes Begin	Winter Break	No Classes Dec 23rd-Jan 1st
Thurs Oct 31st *	No Class after 12:00 noon	February 14-17th	No classes Presidents weekend
Fri Nov 8th *	No Class - School's Out Camp / NJEA Convention	April 18-27th	No classes Spring Break
Wed Nov 27th *	No Class after 12:00 noon	May 21st	Last day of All Sports/Gaga
Thanksgiving	No Class Nov 28-Dec 1st		

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