

All Sports

Updated 7/24/25

Fall 2025-2026

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

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

2025-2026 Class Calendar			
Sept 8th	First day of classes	Thanksgiving	No Class Nov 26-Nov 30th
Sept 23rd	Rosh Hashana - SOC	Winter Break	No Classes Dec 23rd-Jan 4th
Oct 2nd	Yom Kippur - SOC	February 13-16th	No classes Presidents weekend - SOC
Fri Oct 31st *	No Class after 12:00 noon	April 3-12th	No classes Spring Break - SOC
Nov 4th / 6th & 7th	In Service/ NJEA Convention - SOC	May 21st	Last Day of Gaga and All Sports

No Classes when Flemington schools are out (regular holidays)

Please check emails for cancelations due to special club events

Please contact Coach Candace at 908.782.4009 x234 for any questions

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