FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# Activity Descriptions

**Each pod session is 45 minutes long, unless otherwise noted.**
**Programs are open to 6th-12th grade, unless noted. Pods will be organized by grade and gender.**

**Junior High Athletic Training & Conditioning – Monday & Wednesdays, 3:30 pm***
**Stewart Field**

Beginner to intermediate level workout. A variety of activities will be utilized with a goal of general fitness. Class will be fast paced with high repetition and short breaks. Great for all students.
***This program is 60 minutes long.**

**High School Marching Band Conditioning - Tuesday & Thursdays, 4:30 pm**
**McDermoth Playground**

Activities and workouts focused on weight training and long-distance walking. No instruments required.

**Zumba - Tuesday & Thursdays, 5:30 pm**
**McDermoth Playground**

A cardio workout that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. Lots of music and fun.

**Cardio Kickboxing – Tuesday & Thursdays, 6:30 pm**

A group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

**Walking Club – Tuesday & Thursdays, 3:30 pm**
**Miller Track**

Pods will meet to social distance and walk the Miller track. This class is designed for beginners or those with limited fitness experience.

**Running Club – Tuesday & Thursdays, 4:30 pm**
**Miller Track**

Pods will meet at Miller Junior High for an introduction to running. Groups will focus on building a running program, including injury prevention.

**Taekwon-Do - Tuesday & Thursdays, 5:30 pm**
**Robert Gray Covered Area**

Taekwondo (also known as Tae Kwon Do) is the art of self-defense that originated in Korea. This non-contact sport is a great combination of muscle control and cardiovascular work. No experience required.

**Beginning Swim Team - Tuesday & Thursdays, 4:30 pm**
**YMCA Lap Pool**

A water conditioning program designed for students interested in competitive swimming. Program will be designed for those with no prior competitive experience, but basic swim skills required.

**Cardio Drumming Water Exercise – Tuesday & Thursdays, 4:30 pm**
**YMCA Rec Pool**

A fun water class designed around rapid movements, endurance, and music. Cardio Drumming blends drum motions with music and movement. The water component means participants will use water resistance to increase benefits. Students are not required to be able to swim, but should be comfortable in waist-deep water.

**BOGAFit – Tuesday & Thursdays, 5:30 pm**
**YMCA Lap Pool**

A unique pool-based class that blends yoga movements with a Stand-Up Paddle board "FitMat". This class is a great option for experienced and beginner pods. Since FiTMAT provides a dynamic base, the harder you work, the more difficult and intense the workout becomes. Students must be comfortable in deep water.

**Swim Lessons (Junior High, only) - Tuesday & Thursdays, 5:30 pm**
**YMCA Rec Pool**

An introduction to basic swim safety skills. This class is designed for students not ready for swim team. Whether you're learning to get your face wet or you're an expert back floater, our individualized approach and small class size will help you meet your goals.