

SUMMER Schedule Begins June 1st



SUMMER SCHEDULE

Mondays

Open Play Hours
Boot Camp
Express Abs
Dress-Up & Play

10:30am-6pm
9am (60 minutes)
10am (15 minutes)
1-4pm

Tuesdays

Open Play Hours
Total Body Sculpt
Fitness Yoga

10:30am-6pm
9am (60 minutes)
10am (30 minutes)

Wednesdays

Open Play Hours
Boot Camp
Express Abs
Mommy & Me Ballet
Ballet & Play

10:30am-6pm
9am (60 minutes)
10am (15 minutes)
4pm (30 minutes)
4:30pm (30 minutes)

Thursdays

Open Play Hours
30/30/30 (Cardio, Strength, Core)

10:30am-6pm
9am (90 minutes)

Fridays

Open Play Hours
Boot Camp
Express Abs

10:30am-8pm
9am (60 minutes)
10am (15 minutes)

Saturdays

Open Play Hours
Boot Camp

10am-4pm (or later, call ahead)
9am (60 minutes)

Sundays

Open Play Hours

12-5pm



Kids Fitness Summer Camps (more details on back)

Choose from 6 different, week-long sessions of fitness-themed, drop-off camps.
Ages 4-8yrs welcome. Camps meet **8:30am-12pm, Monday thru Friday.**

Advanced registration is **required**. **\$99 per session** (non-member) **\$85 per session** (member)

Daily Admission

Daily admission gives you access to the playground and/or adult and kids classes for the entire day (free child care offered during the adult classes).

Children under 2 years: \$6.95

Children 2 and up: \$9.95

Group Rate

15 or more children as a group. Reservations required.

\$7.95 (M-Th, NOT including school breaks)

\$8.95 (F-Sun, AND on school breaks)

Frequent Player Punch Card

12 Open Play Admission visits offered at a 20% discount off the regular admission price. The card never expires and can be shared among siblings

Children under 2: \$69 Children 2 and older: \$99

Family Fitness and Play Membership

Unlimited Adult Fitness Classes (Mon.-Sat.)
Unlimited Childcare during Adult Fitness Classes
Unlimited Kids Enrichment Classes
Unlimited Open Play in the playground 7 days/week

Monthly Fee: \$49

(includes one adult and all children in the household)

One-Time Processing Fee: \$39

Interested in an Adult-Only Fitness Membership?

Monthly Fee: \$30

One-Time Processing Fee: \$29

CLASAS DESCRIPTIONS

SUMMER ADULT FITNESS CLASSES

Boot Camp (adult fitness)

High-intensity interval training including indoor and outdoor sports conditioning drills, resistance-training with weights and bands, core conditioning and more. Boost your metabolism with this total-body workout. Bring a mat or towel for floor work.

Express Abs (adult fitness)

A 15-minute killer core workout on the mat! Exercises incorporate Pilates moves as well as traditional abdominal strengthening exercises. Bring a mat or towel.

Total Body Sculpt (adult fitness)

This class targets upper body, lower body and core through muscle-specific resistance exercises using bands and weights. Total body toning for a leaner, meaner you!

Fitness Yoga (adult fitness)

A smooth-flowing yoga routine to help develop balance, flexibility and strength. Classic yoga moves are combined with athletic poses to tone your body from head to toe.

30/30/30 (adult fitness)

30 minutes of cardio, 30 minutes of strength, 30 minutes of core and abdominals. Participate in one 30-minute segment or ALL three for a phenomenal 90 minute workout!

SUMMER KIDS CLASSES

Mommy & Me Ballet (ages 2-3 years)

Little dancers learn the basics of ballet with mom at their side to role model and encourage. We keep it simple and fun, developing basic technique through creative movement exercises and playful activities.

Ballet & Play (ages 4 and up)

This 30 minute ballet and creative movement class teaches proper technique, vocabulary and fundamentals. Children will learn a variety of dance combinations, exposing them to different movement forms. Self-expression through dance!

KIDS FITNESS SUMMER CAMPS

Children ages 4-8 will love getting active in Island Playground's Fitness Summer Camps! The 5-day drop-off camps will include free play and games in the playground (private use for campers only), themed craft projects, science experiments, kids fitness classes and a healthy snack. Choose from 6 sessions of fitness themed camps. **8:30am-12pm, Monday-Friday.** Advanced registration is **required**.

\$99 per session (non-member)

\$85 per session (member)

Session 1 (June 14-18): Gymnastics & Tumbling

Session 2 (June 21-25): Sports, Relays & Races

Session 3 (July 12-16): Dance, Move & Groove

Session 4 (July 19-23): Gymnastics & Tumbling

Session 5 (July 26-30): Sports, Relays & Races

Session 6 (August 2-6): Dance, Move & Groove

KIDS DRESS-UP & PLAY (Every Mon from 1-4pm)

Our party room transforms into a make-believe dress-up area with mirrors and music for dancing. Children of all ages can pretend they're a super hero, princess, cowboy or rock star as they play the day away.