



# Niles Family Fitness Center

## Children's Classes

Spring 2 Session Begins April 17, 2023  
Registration opens March 27th!

Past Participants: Registration opens March 22nd

### Me Two 2-3 years

10:15-11:30am

**Mondays**  
4/17- 5/22  
\$60 member  
\$69 non-member

**Wednesdays**  
4/19- 5/24  
\$60 member  
\$69 non-member

This class is offered to ease fears and encourage independence for your 2 or 3 year old. Children will have fun in a semistructured preschool environment. Choose 1 or 2 days a week. Class runs for 6 weeks. Child only class.

### Explorers 2-3 years

**Tuesdays**  
9:30-10:30am

\$52 member  
\$59 non-member

4/18-5/23

Designed to be a beginning step into On My Own classes. Parents will help transition their child in our preschool classroom. *This class is a great way to get your child ready for our Me Two classes.* Parent /child class. 6 weeks

### Aqua Antics Babies-5 years

**Fridays**  
11:00-11:45am

\$42 member  
\$48 non-member

4/21-5/26

Playgroup in the pool! This non-instructional swim class is designed to help your child become comfortable in the water. Come splash around with songs and pool toys. 6 weeks Parent/child class

### Tumble Bees 2-4 years

**Mondays**  
9:15-10am  
4/17-5/22

**Thursdays**  
5:15-6pm  
4/20-5/25

\$42 member  
\$48 non-member

Children will be introduced to basic tumbling skills by participating in activities that teach gross motor skills and organized movement. 6 weeks Parent /child class.

### Mini Sportsters 2-4 years

**Thursdays**  
9:15-10am

\$42 member  
\$48 non-member

4/20-5/25

Have fun while getting fit! An introductory sports class for your active two, three or four year old. Try out a different sport each week. 6 weeks Parent /child class.

### Body Flex Kids 3-6 years

**Wednesdays**  
9:25-10:10am

\$42 member  
\$48 non-member

4/19-5/24

This high energy exercise class will get your child moving and grooving with the use of the Bosu, step, exercise balls and more! We will end class with simple yoga poses and stretches. This class is scheduled during our adult Body Flex class. 6 weeks Child only class.

987 Civic Center Drive Niles, IL 60714

[www.nilesfitness.com](http://www.nilesfitness.com)

For more information please call  
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