



FLAGSTAFF ATHLETIC CLUB

1200 West Route 66 • Flagstaff, AZ 86001

W: 779-4593 • E: 526-8652

Activities Desk: 779-5141 • Billing Office: 779-5141

www.flagstaffathleticclub.com

Hours: Mon-Thu, 5:00 am - 11 pm

Fri, 5:00 am - 9 pm • Sat-Sun, 7 am - 8 pm

FEELING **GREAT**

AUGUST 2008

FAC News

Holiday Club Hours

Labor Day

Mon, Sept 1, 7 am - 8 pm

Modified Group Fitness Schedule

August 15

Roxanne Hrinko

Celebrates

25 Years at FAC

Yes, it is true, Roxanne has been keeping us in shape for twenty five years!

After graduating from high school in Phoenix, Roxanne spent some time traveling. She worked and backpacked in Yellowstone and Jackson Hole. She moved to Flagstaff in 1983 and started working at FAC. The next year, she married the love of her life, Michael and they have two children, Kayla and Cody.

After graduating from NAU, Roxanne became FAC's first personal trainer. Several of her clients have trained with her for twenty years. She also teaches the Just Weight class and has a very loyal following. She has fun getting "sore" with all the members. Roxanne is gold certified with the American Council on Exercise and is CPR/First Aid certified. She has choreographed and produced three exercise videos and donates a portion of the proceeds to breast cancer research.

Roxanne is a breast cancer survivor and shares her experience with others who are battling the disease.

Roxanne's greatest joy is spending time with family and friends. She enjoys yummy food, wine and chocolate. She feels very blessed to be able to encourage and inspire others to appreciate their bodies and to live healthier lives.

Introducing . . .

It's a Great IDEA Workout!

Here's another opportunity to get signatures for the Tour and a chance to see what the instructors learned at the IDEA Convention that was held in Las Vegas in July. Come join seven awesome instructors on Sat, Aug 23, 8 am, FAC East. We will be teaching 30 minute classes back to back. Attend all classes. . .get multiple signatures for The Tour. . .what a great IDEA!!!

FreeMotion Equipment

FAC is excited to bring FreeMotion equipment to FAC East in August! FAC stays on top of new research and equipment to give members the best options in fitness. In an effort to best serve our members, we are replacing the Body Master equipment at FAC East with FreeMotion Circuit, similar to the one at FAC West. For those interested in using the Body Master Circuit, it will still be available at FAC West. In addition to our free one-on-one equipment orientations, we are offering a group FreeMotion orientation Wed, Aug 20, noon, FAC West. To sign up for a one-on-one equipment orientation, contact either club. The FAC Fitness Department is very excited to be able to bring you this equipment and bring more health and play to your workout! The FAC East side Body Master equipment will be for sale on a first come basis, call Monica Yones at 779-4593.

FAC Runner's Club Begins Aug 12

Join FAC personal trainer and collegiate runner Angi Axmann for a six week program to improve your running economy and time. In this program you will learn proper running form and receive individualized workouts to achieve your goals. Runners meet at Fort Tuthill Tuesdays and Thursdays, 6 - 7:30 pm beginning Aug 2. Call 779-5141 to register or for further information, contact Angi Axmann at 266-2258.

The Tour 2008

Aug 31 is the last day of The Tour 2008! Participate in "Climb to Conquer Cancer" seven mile walk on Aug 16 and get all the instructors who do the walk to sign your Tour card.

Employee of the Month

Hear ye, hear ye, Aug Employee of the Month goes to...Julian Pettengill! Julian started at FAC in Sept 2007 in the custodial department and soon transferred to the maintenance department at FAC East. He quickly became a valued favorite of members and fellow employees. His reliable early morning opening is much appreciated by all. His extra efforts shine through his exemplary daily work and we noticed! Thank you Julian for a job very well done.

Julian is a native of Arizona. He enjoys snowmobiling, snowshoeing and tinkering around with just about anything.

If you want to give him an "atta boy", you'll need to look for him at FAC West. Julian was recently promoted to FAC West side Maintenance Manager!

FAC Fall Tennis Programs

To register for a program, call AIR at 779-5141, Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com. FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM FRI BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

Adult Tennis Programs

Beginner Tennis Series I with Tom Irwin - Series consists of 6 weeks of instruction. Participants will learn fundamentals of the game i.e. strokes, footwork, scoring, singles and doubles strategy and control. Includes six 1 hour tennis ball machine rentals and discounts on Babolat tennis racquets. Class size limited to minimum of 4 and maximum of 8. **Mondays, 6 - 7 pm, Sept 8 - Oct 13, FAC Multiplex.**

Men's Monday Drill Night - Join us every Monday and be ready to work hard, sweat and stay for round robin play. Class is for intermediate to advanced players. Class limited to minimum of 4 and maximum of 10 players. **Mondays, 7 - 9 pm, FAC Multiplex.**

Thursday Women's Drills Night - Join us every Thu for drill night. Be ready to work hard and stay for round robin play. Class is for intermediate to advanced players. Class size limited to minimum of 4 and maximum of 10 players. **Thursdays, 6 - 8 pm, FAC Multiplex.**

Adult Tennis Leagues

Tuesday Night League Tennis - Six week league. Players play 3 sets, switching courts and partners each time. No add scoring, winners move up or stay up and losers move down or stay down. Points awarded for each set won. Top 2 players win league prize. You should be USTA rated 3.5 or higher or a B+ player. **Tuesdays, 6 - 8 pm, Sept 2 - Oct 6, FAC Multiplex. Registration deadline, Fri, Aug 29, 3 pm.**

Saturday Adult Beginner / 'C' Tennis League - Six week league. Players play 3 sets, switching courts and partners each set. Top 2 players with the most sets win the league. Players should be beginner to 'C' rated. **Saturdays, 11 am - 1 pm, Sept 6 - Oct 11, CCC courts 5 - 8. Registration deadline, Wed, Sept 3, 3 pm.**

Sunday Ladies' League - Six week league. Players play 3 sets, switching courts and partners each time. Top two players with the most sets won, win the league. Players should be 3.5+ to 'B' rated players. **Sunday, Sept 7 - Oct 12, 3 - 5 pm, CCC courts 5 - 8. Registration deadline, Wed, Sept 3, 3 pm.**

FREE Tennis Clinic

Join us the 3rd Sat of every month for a free tennis clinic, 10 - 11 am. Come see what FAC Tennis is all about, meet our outstanding instructors and check out our tennis programs.

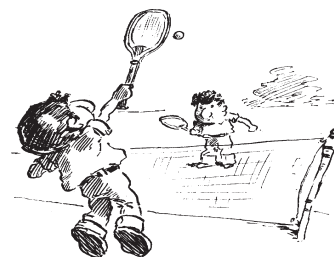
This clinic is offered to new members of FAC or to new tennis participants. Minimum of 4, otherwise class will be cancelled.

USPTA Little Tennis Programming

Pee Wee (ages 4 - 6) - An intro to tennis using rewarding games designed to develop hand-eye coordination. Fundamental strokes will be introduced using specialized provided Pee Wee racquets. Parents must be present. Four week sessions, **Wednesdays, 4 - 4:30 pm, Sept 3 - 24, FAC Multiplex.**

Tikes (ages 6 - 8) - For graduate Pee Wees and Tikes of beginner/intermediate ability. An intro to tennis using games designed to develop hand-eye coordination. Fundamental strokes will be taught and an intro to mini tennis play. Tikes will learn early ball control, and an intro to scoring. Parents must be present. Four week sessions, **Wednesdays, 4:30 - 5:15 pm, Sept 3 - 24, FAC Multiplex.**

Junior Rally (ages 7 - 9) - A continuation of basic stroke techniques with emphasis on fun through the use of rewarding games designed to develop the complete little tennis player. Junior Rally players will begin to play tennis points, rally and keep score. Parents must be present. Four week sessions, **Wednesdays, 5:15 - 6 pm, Sept 3 - 24, FAC Multiplex.**



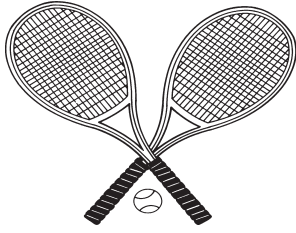
Junior Tennis Programs

Junior Tennis (ages 9 - 18, Beginner - Intermediate) - Juniors are invited to participate in these clinics designed to teach the fundamentals, with an emphasis on correct technique, footwork and sportsmanship. Players will participate in drills to develop correct stroke production, strategy and match play. Fri will be an optional match play for those students who can serve from the baseline. **Tue and Thu, 5 - 6 pm, Fri - optional match play, 5 - 6 pm, Sept 9 - Oct 3, FAC Multiplex.**

FJTA - Flagstaff Junior Tennis Academy (ages 10 & up) - Juniors who wish to become competitive tennis players and who have already mastered the stroke fundamentals with consistency will be invited to participate in Junior Academy tennis. On court agility drills, plyometrics along with continued improvement of stroke production and execution. Participants must be approved. **Tues & Thu, 3:30 - 5 pm; Fri, match play, 3 - 4 pm, Sept 9 - Oct 3.**

Non-members welcome. Please invite your friends to join in our tennis programming. Additional fees apply for non-members. For activity information and to register, call our AIR desk at 779-5141.

Tennis



FAC Multiplex Tennis Court Reservations

- Members may make a court reservation 3 days in advance. Single members may reserve one court for one hour per day. Family members may reserve one court for one hour per day up to a maximum of two reservations per day. You may only reserve a court in your membership name. Staff will not accept reservations on behalf of other members.
- Summer Reservation number 526-8652.
- Summer Check In - members and guests must check in at our sports desk and pay court reservation fees. When scheduling your court, please allow for check in time and series sales redemption.

Tennis Court Fees

- \$10 hourly court fee - court fee is for one hour of play and requires reservations per our existing reservation procedure.
- \$20 hourly monthly court fee - members may reserve a standing court for the entire month. You may request courts beginning the 15th of the previous month up to the first day of the month requested.
- Court fees do not apply to FAC programs including private lessons and leagues.

Kids Programs



End of Summer Bash

Kids, join us on Sat, Aug 2, 9:30 am - 1:30 pm, FAC East for an end of summer bash! Give parents the opportunity to go school shopping while you come and party with us! We'll have fun, games, crafts and a project with Heidi Reynolds, kids' yoga with Keelyn Riley, pizza and water fun with our friends.

Kids' Club Weekly Workshop

On Thu, Aug 7, 9 am - noon, FAC East will offer workshops for children ages 3 to 5. Workshops are professional group lessons taught exclusively to Kids' Club attendees. Classes include junior versions of Yoga, Step, Zumba, Racquetball, Basketball, Hiking Safety, Folk Dance, Water Safety, Science Class and others.

Fun with Chuck Cheesman!

Enjoy the great weather with Chuck and his guitar on Wed, Aug 6, 10:30 am, FAC East at our Beach Party! We will sing and dance with Chuck outside under the awning of the FAC East outdoor pool. Parents must remain with their children.

Get your dancin' shoes on and come sing along with Chuck Cheesman and his guitar Wed, Aug 20, 10:30 am, FAC West. Be prepared to have fun marchin' and dancin' along while you bond with your child.

Weekly Workshops: Science & Sports

Science: Thursdays, 9 - 10:30 am, FAC East. Our Aug theme of "My Body and Me", taught by certified teacher, Heidi Reynolds, will thrill your preschooler with a hands-on, educational learning experience. Sign your child up for one Thu Science Workshop or the whole month, or both the science and the sports workshops, which are held every Thu from 9 a m to noon.

Sports Clinics: Thursdays, 10:30 - 12 pm, FAC East, FAC Kids' Club offers a Sports Clinic or a Group Fitness activity for preschoolers taught by trained professionals. This month's featured professional is Karen Anderson who will be teaching creative movement. Other clinics in Aug will be racquetball and golf. Sign up for one workshop or the whole month, or both the sport and the science workshops, which are held every Thu, from 9 am to noon. Parents are welcome to attend.

FAC Sports

FREE Adult & Youth Sports Clinics at FAC

Sign up today for one of our FREE introductory sports clinics. Members and non-members are invited to meet FAC teaching professionals and learn more about tennis and racquetball programs. REGISTRATION REQUIRED.

Junior Racquetball (ages 9 - 16) - Sat, Aug 9, 9 - 10 am, FACE racquetball courts. Registration deadline, Fri, Aug 8, 4 pm.

Adult Racquetball - Mon, Aug 11, 6 - 7 pm, FACE racquetball courts. Registration deadline, Fri, Aug 8, 4 pm.

Junior Tennis - NO CLINIC IN AUG. Sat, Sept 20, 9 - 10 am, CCC courts, 5 - 8 pm. Registration deadline, Fri, Sept 19, 4 pm.

Adult Tennis - NO CLINIC IN AUG. Sat, Sept 20, 10 - 11 am, CCC courts, 5 - 8 pm. Registration deadline, Fri, Sept 19, 4 pm.

Drop In Basketball

Adult Drop In Basketball hours are Mon and Wed, 7 - 9 pm, FACE gymnasium. Both members and guests are welcome. Guests are required to pay a guest fee.

Drop In Badminton

Drop In Badminton is Sat, 1 - 4 pm, FAC East Gym. Free to members, guests are required to pay a guest fee.

Drop In Volleyball

Adult Drop In Volleyball is Sun, 12 - 8 pm, FAC Sand Courts. Free to members, guests are required to pay a guest fee.

Drop In Soccer

Adult Drop In Soccer resumes Fri, Sept 5.

Sports Leagues

Indoor Volleyball Leagues

- CoEd Six 'B' League, Tue, 6 - 10 pm, Sept 9 - Oct 21. *Registration deadline is first 10 teams or Wed, Sept 3.*
- CoEd Six 'A' League, Thu, 6 - 10 pm, Sept 11 - Oct 23. *Registration deadline is first 10 teams or Fri, Sept 5.*

Racquetball

- 'C' Singles League, Tue, 6 - 10 pm, Sept 9 - Oct 21. *Registration deadline first 16 players or Wed, Sept 3.*
- 'B' Singles League, Thu, 6 - 10 pm, Sept 11 - Oct 23. *Registration deadline first 16 players or Fri, Sept 5.*

Indoor Soccer

- CoEd 5 v 5 Indoor league, Wed, 6:30 - 10:30 pm, Sept 10 - Oct 22, FAC Multiplex. *Registration deadline Wed, Sept 3.*

Tennis Leagues

- Tue Night Doubles League - 3.5 or above, Sept 2 - Oct 14, 6 - 8 pm, Multiplex. *Registration deadline, first 16 players or Fri, Sept 5.*
- Wed AM Senior League - 50+ and 3.0 ('B') or above; Wed, Sept 3 - Oct 8, 8 - 10 am, FAC Multiplex. *Registration deadline, first 16 players or Fri, Aug 29.*
- Sat Beginning Doubles League - 'C' or 2.5, Sat, Sept 6 - Oct 11, 11 am - 1 pm, FAC Multiplex. *Registration deadline, first 16 players or Wed, Sept 3.*
- Sunday Ladies League - 3.5 or above league, Sept 7 - Oct 12, 3 - 5 pm, FAC Multiplex. *Registration deadline, first 16 players or Wed, Sept 3.*

Team registration forms available at www.flagstaffathleticclub.com.

Wrestling Conditioning

Wrestling is a sport that requires not only strength, but stamina. This program will focus on training the body to maximize performance in the world's oldest sport. Workouts will combine elements of form and function, giving athletes the jump start they need for wrestling season. Begins in Oct, dates and times to be announced. Please call 928-380-7619 with any questions.

Robert Tucker Memorial Sprint Triathlon

In memory of long time FAC Master's Swim instructor, FAC Sprint Triathlon co-founder and friend to many, FAC's annual Sprint Triathlon is now the Robert Tucker Memorial Sprint Triathlon. Whether you are a beginner or advanced tri-athlete, please join us on Sun, Aug 24 at FAC East to enjoy a dip in our pool, scenic run and ride.

For registration and information, contact our AIR officer at 779-5141.

Programs

To register for a program, call AIR at 779-5141, Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com. FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM FRI BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

Special Events and Tournaments

For information and/or to register,
call 779-5141

Top Gun Sand Volleyball Men's, Women's and CoEd 2's Tournament

Sat and Sun, Aug 23 and 24
Registration deadline
is Fri, Aug 15

Robert Tucker Memorial Sprint Triathlon

Sun, Aug 24
Registration deadline
is Fri, Aug 15
Includes t-shirt and swag bag.
Late registration, Fri, Aug 22;
\$10 late fee and no guaran "tee"

FAC Women's Boot Camp

The FAC Women's Boot Camp begins again Aug 11, 6:30 - 8 am, Mondays and Wednesdays. This boot camp is a six week fitness program designed for women who would like to improve their endurance, strength and overall fitness. Whatever your current fitness level, this program will be a great workout for everyone. If you need some extra motivation and you would like to participate in enjoyable and fun workouts, this boot camp is for you! For more information, call FAC personal trainer, Angi Axmann at 266-2258 or 779-5141 to register.

FreeMotion Clinic

Learn creative new ways to use the FreeMotion circuit. This versatile equipment is great for all athletic abilities. Join FAC personal trainers Tabitha Magnan and Holly Zeitler for this active and informative FREE clinic. East-side regulars, come west for a preview of what can be done on this equipment. This clinic will be held Wed, Aug 20, noon, FAC West weight room on the FreeMotion Circuit! Please call 779-5141 to register.

FAC Coaching Program

Do you travel a lot or want to excel in a sport? Try FAC's new coaching program. Work closely with one of FAC's highly trained personal trainers to reach your goals! This program includes a daily exercise schedule, regular in-depth assessments, program design, a three month subscription to the web-based Apex nutrition program and weekly phone or email consultations. For further questions, contact a FAC Fitness Professional or Monica Yones, Fitness Manager at 779-4593.

Ask the . . .

Family Practice - Brad Croft

Mon, Aug 18, 6:15 pm / FACE
Tue, Aug 19, 6:15 pm / FACW

Registered Dietician - Susie Miller

Mon, Aug 18, 12 pm / FACE
Mon, Aug 25, 12 pm / FACW

Podiatrist - Kelly & Travis Reber

Tue, Aug 5, 5 pm / FACW (Travis)
Tue, Aug 12, 5 pm / FACE (Kelly)

Heartsaver CPR

Tue, Aug 12, 6 pm / Chris Thomas

CPR for Family & Friends

Thu, Aug 7, 5 - 8 pm / Dan Connella

All CPR Classes FAC West

Massage Schedule

	FAC East		FAC West	
Monday	No Therapist	No Therapist	Holly 853-5062 9 am - 5:30 pm	
Tuesday	Tara 520-270-6655 8 am - 2:45 pm	Mimi 606-2074 3:15 - 8pm	Holly 853-5062 8:45 am - 2:45 pm	Bonnie 607-1003 3:15 - 9 pm
Wednesday	Holly 853-5062 8:45 am - 2:45 pm	Bonnie 607-1003 3:15 - 9 pm	Janus 853-9039 10 am - 6:45 pm	
Thursday	Holly 853-5062 8:45 am - 2:45 pm	Bonnie 607-1003 3:15 - 9 pm	Mimi 606-2074 10:15 am - 2:45 pm	Tara 520-270-6655 3:15 - 9 pm
Friday	Janus 853-9039 10:15 - 6:45 pm		Mimi 606-2074 10:15 am - 2:45 pm	<i>NoTherapist</i>
Saturday	Terri 606-1861 10 am - 6 pm		Janus 853-9039 10 am - 6:45 pm	
Sunday	Janus 853-9039 10 am - 5:30 pm		<i>NoTherapist</i>	

No Show Policy: Massage therapists require 4 hours notice to cancel your massage appointment. There is a \$40 fee for the first incidence and \$65 fee for a repeat occurrence. Policy enforcement is at the discretion of the therapist.

To find more info about programs, pick up a Program Guide at either club.

To register for a program, call AIR at 779-5141 Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com.

FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM FRI BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

Fitness. . .

- **It's a Great IDEA Workout** - Sat, Aug 23, 8 am, FAC East Group Fitness Room.
- **Fine Tune Training with Roxanne Hrinko** - Semi-private training class, runs six weeks, Tue and Thu, 1:30 pm, FAC West Group Fitness Room. Next session starts Aug 19.
- **Ballroom Dance with Ken Ravenstar** - Beginning Salsa level one, Tue, 6 pm, starting Aug 5, FAC West Diamond Room. (4 week session!)
- **Prenatal Aqua** - Sat, Aug 9 and 23, 8:30 am, FAC East indoor pool, registration not required.

Aquatics. . .

- **Private & Semi Private Swim Lessons** - Lessons for all swimming levels available from our Red Cross Certified Water Safety Instructors (pre-beginner to advanced). To register or info, call 773-2747, ext. 2.
- **Group Swim Lessons** - Pre-beginner, beginner and intermediate lessons are available in one week sessions, Mon - Fri for 30 minutes each day. Group lessons will run through the week of Aug 4. Level 1, 8:30 am and 4 pm; Level 2, 9 am and 4:30 pm and Level 3, 9:30 am and 5 pm, FAC East indoor pool.

- **Outdoor Pool** - Lifeguard hours will remain 10 am - 5 pm daily in the outdoor pool until Aug 24. Beginning Aug 25, lifeguard hours will move indoors Mon - Fri from 3:30 - 6:30 pm. Lifeguard hours will remain outdoors from 10 am - 5 pm every weekend (including Labor Day) until Sept 21.

- **Pool Slide and Mushroom Reminders** - The slide and mushroom at FAC East outdoor pool may only be turned on between the hours of 10 am - 4 pm, while two lifeguards are on duty. Please remind children not to run into the pool. One person at a time may go up the stairs to go down the slide and the next person may go once the "Red Zone" area below is clear. Remember that goggles, face masks, life jackets or noodles are not permitted on the slide.

- **Beginning and Advanced Lap Swimming Classes** - The first fall session of the lap swimming classes will begin in Sept at the FAC West indoor pool. Check the Sept newsletter and flyers for the start date and time. Contact Michelle Wesson at 779-4593 with any questions.

- **The Torpedoes Youth Swim Team (Ages 6 - 14)** - Thank you swimmers for a great summer! Summer session two will come to an end on Fri, Aug 8. The first fall session of swim team will begin in Sept and be held at the FAC West indoor pool. Please check the Sept newsletter and flyers for the start date and time. Please contact Michelle Wesson at 779-4593 with any questions.

Youth Activities

- **Kids' Club Weekly Workshop (ages 3 - 5)** - Begins Thu, Aug 7, 9 am - noon.
- **Independence Oral Exam / Court Review** - Tue, Aug 5 and 19, 4 - 6 pm; Wed, Aug 13, 4 - 6 pm and Sat, Aug 16, 11 am - 1 pm, FACE. The packet must be completed at the time of the oral exam and include all required signatures.

- **Kids' Passport / Court Review** - Wed, Aug 6 and 20, 4 - 5 pm; Fri, Aug 1, 15 and 22, 4 - 5 pm; and Sat, Aug 16, 10 - 11 am at FACE. The packet must be completed at the time of the oral exam and include all required signatures.



FAC
Summer
Camp



FAC's Summer Camps continues this month with week nine, "End of Summer FAC Style". We will also run camp Mon - Wed, Aug 11 - 13. Camp staff is available from 7:30 - 5:30 pm daily. To register, pick up a registration form and waiver from the kiosk areas at any desk. To register for the three day camp (Aug 11 - 13), contact the activities desk by 4 pm, Thu, Aug 7. For specific questions, contact Michelle Wesson at 779-4593.

Dance and Sing with Chuck!

- Beach Party on Wed, Aug 6, 10:30 am, FAC East. Enjoy the great weather with Chuck and his guitar. Sing and dance outside under the awning of the FAC East outdoor pool. Parents must remain with children.
- Sing-a-Long on Wed, Aug 20, 10:30 am, FAC West. Get your dancin' shoes on and come sing along with Chuck Cheesman and his guitar. Be prepared to have fun marchin' and dancin' along while you bond with your children.
- **Youth Dance (Ages 3 - 12)** - New sessions start in Sept.
- **Kids' Yoga (Ages 3 - 5 / 6 - 12)** - New six week session starts in Sept, Thu, 4 pm and 4:45 pm, FACE Multi-purpose room.
- **Jumping Bunnies (Ages 18 mos - 3 yrs)** - Resumes in Sept.
- **Giggle Bugs (Ages 3 - 5)** - Resumes in Sept.
- **Kids' Climb** - Resumes in Sept.