



EMPOWERED

Sports & Fitness

KIDS FOR ALL SEASONS

DAY OF THE WEEK	AGE GROUP	TIME SLOT	PROGRAM TYPE
MONDAY	4-5 YEAR OLDS (GROUP A)	8:30 A.M. - 10:00 A.M.	INCLUSIVE GROUPS
	21+	10:15 A.M. - 11:05 A.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	21+	12:15 P.M. - 1:05 P.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	4-5 YEAR OLDS (GROUP B)	1:15 P.M. - 2:45 P.M.	INCLUSIVE GROUPS
	5-6 YEAR OLDS	3:00 P.M. - 3:45 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	7-8 YEAR OLDS	3:50 P.M. - 4:35 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	9-10 YEAR OLDS	4:40 P.M. - 5:25 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	11-13 YEAR OLDS	5:30 P.M. - 6:15 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
TUESDAY	4-5 YEAR OLDS (GROUP C)	8:30 A.M. - 10:00 A.M.	INCLUSIVE GROUPS
	21+	10:15 A.M. - 11:05 A.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	21+	12:15 P.M. - 1:05 P.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	4-5 YEAR OLDS (GROUP D)	1:15 P.M. - 2:45 P.M.	INCLUSIVE GROUPS
	5-6 YEAR OLDS	3:00 P.M. - 3:45 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	7-8 YEAR OLDS	3:50 P.M. - 4:35 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	9-10 YEAR OLDS	4:40 P.M. - 5:25 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	14-15 YEAR OLDS	5:30 P.M. - 6:15 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
WEDNESDAY	4-5 YEAR OLDS (GROUP A)	8:30 A.M. - 10:00 A.M.	INCLUSIVE GROUPS
	21+	10:15 A.M. - 11:05 A.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	21+	12:15 P.M. - 1:05 P.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	4-5 YEAR OLDS (GROUP B)	1:15 P.M. - 2:45 P.M.	INCLUSIVE GROUPS
	5-6 YEAR OLDS	3:00 P.M. - 3:45 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	7-8 YEAR OLDS	3:50 P.M. - 4:35 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	9-10 YEAR OLDS	4:40 P.M. - 5:25 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	16-18 YEAR OLDS	5:30 PM - 6:15 PM	MOVEMENT BASED SOCIAL SKILLS GROUP
THURSDAY	4-5 YEAR OLDS (GROUP C)	8:30 A.M. - 10:00 A.M.	INCLUSIVE GROUPS
	21+	10:15 A.M. - 11:05 A.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	21+	12:15 P.M. - 1:05 P.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	4-5 YEAR OLDS (GROUP D)	1:15 P.M. - 2:45 P.M.	INCLUSIVE GROUPS
	5-6 YEAR OLDS	3:00 P.M. - 3:45 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	7-8 YEAR OLDS	3:50 P.M. - 4:35 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	9-10 YEAR OLDS	4:40 P.M. - 5:25 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	11-13 YEAR OLDS	5:30 P.M. - 6:15 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
FRIDAY	4-5 YEAR OLDS (MIX GROUPS)	8:30 A.M. - 10:00 A.M.	INCLUSIVE GROUPS
	21+	10:15 A.M. - 11:05 A.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	21+	12:15 P.M. - 1:05 P.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)
	4-5 YEAR OLDS (MIX GROUPS)	1:15 P.M. - 2:45 P.M.	INCLUSIVE GROUPS
	5-6 YEAR OLDS	3:00 P.M. - 3:45 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	7-8 YEAR OLDS	3:50 P.M. - 4:35 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	9-10 YEAR OLDS	4:40 P.M. - 5:25 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
	14-15 YEAR OLDS	5:30 P.M. - 6:15 P.M.	MOVEMENT BASED SOCIAL SKILLS GROUP
SATURDAY	7-8 YEAR OLDS	9:00 A.M. - 9:45 A.M.	SPORTS & FITNISS GROUPS
	9-11 YEAR OLDS	10:00 A.M. - 10:45 A.M.	SPORTS & FITNISS GROUPS
	12-14 YEAR OLDS	11:00 A.M. - 11:45 A.M.	SPORTS & FITNISS GROUPS
	15+ YEAR OLDS	12:00 P.M. - 12:45 P.M.	FITNESS GROUPS (ALSO OFFERED VIRTUALLY)