

# Healthplex Children's Activities (ages 12 & younger)

## Summer 2012

### Child Watch Center

The child watch center is available at the designated times listed below to watch children ages 12 & younger while you exercise. For policies & cost, contact the front desk @ 601-925-7900.

Child Watch Times → Monday through Thursday... 8:00 - 11:30AM & 4:30 - 8:00PM  
Friday & Saturday... 8:00 - 11:30AM  
Sunday 2:30-4:30PM (*Closed on Sun. beginning May 27<sup>th</sup> through Sept 2<sup>nd</sup>*)

### Swimming Pool

Children 12 years & under are welcome to swim in the Therapy Pool, unless otherwise noted, during the designated Family Swim Times listed below with **\*direct parental supervision**. All other pool policies are located on the back of our aquatic's schedule and can be picked up at the front desk.

**Other Wet Areas:** Children 12 years and under are not allowed in the lap pool, whirlpools, cold plunges, steam rooms or saunas at any time, regardless of supervision.

### Family Swim Times (Present until June 3<sup>rd</sup>):

Monday & Wednesday ... 12:00 - 2:00PM  
Monday through Thursday ... 6:30 - 9:30PM  
Friday ... 4:30 - 7:30PM  
Saturday ... 10:00AM - 4:30PM  
Sunday ... 1:00 - 5:30PM

### Family Swim Time (June 4<sup>th</sup>-August 5<sup>th</sup>):

Monday through Thursday ... 12:00 - 2:00PM  
Monday through Thursday ... \*6:45 - 9:30PM  
Friday ... 4:30 - 7:30PM  
Saturday ... 10:00AM - 4:30PM  
Sunday ... 1:00 - 5:30PM  
\*(6:45-7:45PM=Lap Pool; 7:45-9:30PM=Therapy P.)

### Pool Rental

Interested in renting the pool for group activities or birthday parties? Contact Aquatic's Coordinator Kassi Lee @ 601-925-7909 for more information.

### Private & Group Swim Lessons

We offer both group and private swim lessons for all ages and levels. Group swim lessons, offered at specific times in the Summer, Fall, and Spring, are designed for the following ages: 6 months-2 years, 3-5 years, 6-12 years, and 13 years & older. Private swim lessons are offered year round. Contact Aquatic's Coordinator Kassi Lee @ 601-925-7909 for more information.

### Makos Swim Team

To be a part of the Makos swim team, contact instructor Brian Ware @ 601-209-3187.

### Kids' Personal Training

Our degreed fitness specialists are trained to help children, ages 6 to 15, get a proper head start in developing lifelong habits towards health and fitness with age appropriate exercises. Receive 10% off regularly priced personal training sessions. Contact Fitness Director Patrick Conn @ 601-925-7914 for more information.

### Basketball Courts, Racquetball Courts, Pool Table, and Ping Pong Table

All children ages 12 and younger are welcome to use the basketball courts, racquetball courts, pool and ping pong tables at all times but must have ① **\*parental supervision** Monday thru Friday from opening to 4:30PM and All Day Saturday & Sunday but must have ② **\*direct parental supervision** Monday thru Friday during Peak Times from 4:30PM until closing. To ensure play, racquetball court reservations are recommended and can be made at the front desk. For upcoming events on the basketball courts, a weekly court schedule will be posted by court #1 and updated each Friday for the upcoming week.

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**Walking Track**

Children ages 6-12 can use the walking track during all hours of operation but must have **\*direct parental supervision**. Children 5 years of age & younger are not allowed on the track.

**EnerGym: A Comprehensive Instructor-Led Fitness Program for ages 6-12**

Utilizing specifically designed, age-appropriate KidzPower® resistance training equipment and Cardio Kids® cardio equipment, our EnerGym classes (ages 6-12) offer a comprehensive instructor-led fitness program. These fun-filled 45-minute circuit classes combine safe, effective resistance training with exciting aerobic exercises to stimulate your child's interest in a healthy active lifestyle. In addition, the program includes a FITNESSGRAM® physical fitness assessment and a nutrition, fitness, and lifestyle modification Fun Book. Contact Fitness Director Patrick Conn @ 601-925-7914 for scheduled class times, cost, and registration.

**ExerGame Zone**

The ExerGame Zone is a fun, safe and supervised area for children at least 3 years of age up to adults of any age. Participants use their brain & bodies and become a "human joystick" by merging fitness with video games. Simply put, it uses videogame technology to engage participants in physical activity. It includes two Hoggan Junior Dual Exerbikes, two Espresso Youth Game Bikes, two Wii & Wii Fit Systems, a Lightspace Play Floor, two Dance Dance Revolution Arcade 2 Systems, and a Makota Sports Arena. Contact Fitness Director Patrick Conn @ 601-925-7914 for low monthly membership cost and more information.

ExerGame Zone Times → ***(Monday through Thursday...10:00AM-Noon beginning May 28<sup>th</sup>-Aug. 9<sup>th</sup>)***

Regularly Scheduled Hours:

Monday through Thursday.....4:00 - 8:00 PM

Friday.....10:00AM - Noon & 4:00 - 7:00 PM

Saturday.....10:00 AM - 4:00 PM

Sunday.....2:00 - 5:00 PM

**Ballet Classes**

Classes offered for ages 3-6 from instructor Jessica Brock of the Center Pointe Dance Academy. For class details, contact Jessica @ 601-497-4618 or email centerpointedance@gmail.com

**Tumbling Class**

Class offered for girls & boys ages 5 & older from instructor Laurie Baker. For class details, contact Laurie @ 601-613-5207.

**Birthday Parties (Use of the ExerGame Zone, Basketball Court, Pool)**

Allow us to host your child's birthday party. For information on party options and cost, contact Program Director Jan Cossitt @ 601-925-7915.

**Teen Fitness Program**

We offer a FREE, comprehensive fitness assessment and exercise program for ages 13-15. For more information, ask a fitness specialist or a front desk staff member about our Teen Fitness Program.

**\*Parental Supervision vs. \*Direct Parental Supervision  
For a detailed listing of children's policies, see the front desk.**

**\*Parental Supervision:** The child or children must remain within eyesight of the parent at all times.

**\*Direct Parental Supervision:** Whichever floor the children or children is in, the parent must be within arms length of them at all times.