




EVENTS & PROGRAMS JANUARY 2017

 **Centegra
Health Bridge**
Fitness Center

ALWAYS LOOKING AHEADSM

NEW! WINTER CAMPS

Kids ages 4-12 may attend one or both Winter Camp Sessions.

Healthy New Year

Celebrate a healthy new year with KidZone! Kids will make a healthy snack, participate in a boot camp class, swim at the indoor pool and create a fitness journal.

Monday, January 2, CHBFC-Huntley

All Sorts of Sports

Kids will have fun playing a variety of games and sports, including: elbow tag, Apples to Apples™, Simon Says, Hangman, basketball, flag football, dodgeball and swimming.

Tuesday, January 3, CHBFC-Huntley

MLK Day Camp

Monday, January 16, CHBFC-Huntley and CHBFC-Crystal Lake

Full Day: 8am-4:30pm Half Day: 9am-2:30pm

Full Day Rate (per child): Member: \$60 | Community: \$75

Half Day Rate (per child): Member: \$40 | Community: \$55

KIDS IGNITE

This exciting, highly active program keeps kids ages 7-12 moving for one hour.

Sign up for all five weeks or drop in for a small fee!

Wednesdays and Thursdays, January 4-26

4:30-5:30pm, CHBFC-Huntley

Member: \$24 | Community: \$34 | Single Day Drop-in Fee: \$6

KIDS NIGHT OUT

Kids Night Out is a fun-filled, supervised evening for kids ages 1-11. Planned activities include a craft, movie and pizza dinner. Swim time is schedule for kids ages 4 and up.

Friday, January 13, 4:30-9:30pm, CHBFC-Huntley

Friday, January 20, 4:30-9:30pm, CHBFC-Crystal Lake

Member: \$25 | Community: \$38

BABYSITTING TRAINING COURSE

During this course, kids ages 11-14 will learn how to create a fun and safe babysitting experience. We will cover basic child care, and how to respond to emergencies.

Monday, January 16, 9am-3:30pm, CHBFC-Crystal Lake

Member: \$55 | Community: \$65

CANVAS & COCOA

Kids ages 5-11 will create a canvas painting over hot cocoa and a snack!

Monday, January 16, 1-4pm, CHBFC-Huntley and CHBFC-Crystal Lake

Member: \$21 | Community: \$30

FAMILY YOGA

Moms and dads will learn a variety of yoga poses with their children ages 5-11 while improving flexibility and balance with our certified yoga instructor.

Saturday, January 7 & 21, 11am-Noon, CHBFC-Huntley

Saturday, January 14 & 28, 11am-Noon, CHBFC-Crystal Lake

Member: \$10 | Community: \$15

healthbridgefitness.com

