

# KIDFIT SCHEDULE

effective March 1, 2010

**Renaissance ClubSport**  
 50 Enterprise, Aliso Viejo, CA 92656  
 KidWorld Phone: (949)330-5555  
 Main Phone: (949)643-6700

|         | Monday                                                                                                | Tuesday               | Wednesday             | Thursday      | Friday        | Saturday             | Sunday               |
|---------|-------------------------------------------------------------------------------------------------------|-----------------------|-----------------------|---------------|---------------|----------------------|----------------------|
| 8:00am  | <b>KidFit is closed during School hours</b><br>(Regular hours resume during Holidays & Summer months) |                       |                       |               |               | Breakfast            | Breakfast            |
| 8:30am  |                                                                                                       |                       |                       |               |               | Table Top Activities | Table Top Activities |
| 9:00am  |                                                                                                       |                       |                       |               |               | Art/Science          | Art/Science          |
| 9:45am  |                                                                                                       |                       |                       |               |               | Snack Time           | Snack Time           |
| 10:00am |                                                                                                       |                       |                       |               |               | Outside Time         | Outside Time         |
| 10:30am |                                                                                                       |                       |                       |               |               | Table Top Activities | Gym Games            |
| 11:30am |                                                                                                       |                       |                       |               |               | Kids Choice          | Kids Choice          |
| 12:30pm |                                                                                                       |                       |                       |               |               | Lunch                | Lunch                |
| 1:30pm  |                                                                                                       |                       |                       |               |               | Fitness Fun          | Fitness Fun          |
| 2:30pm  |                                                                                                       |                       |                       |               |               | Art/Science          | Art/Science          |
| 3:00pm  |                                                                                                       |                       |                       |               |               | Snack Time           | Snack Time           |
| 3:30pm  | Homework Help                                                                                         | Homework Help         | Homework Help         | Homework Help | Homework Help | Science/Sensory      | Arts and Crafts      |
| 4:30pm  | Outside Time                                                                                          | Outside Time          | Outside Time          | Outside Time  | Outside Time  | Outside Time         | Outside Time         |
| 5:00pm  | Kids Choice                                                                                           | Kids Choice           | Kids Choice           | Kids Choice   | Kids Choice   | Kids Choice          | Kids Choice          |
| 5:30pm  | Dinner time                                                                                           | Dinner time           | Dinner time           | Dinner time   | Dinner time   | Dinner Time          | Dinner Time          |
| 6:30pm  | Fitness Fun                                                                                           | <b>**Kids Konnect</b> | <b>**Kids Konnect</b> | Fitness Fun   | Gym Games     | Gym Games            | Gym Games            |
| 7:00pm  | Art/Science                                                                                           | Art/Science           | Art/Science           | Art/Science   | Movie         | Close                | Close                |
| 8:00pm  | Gym Games                                                                                             | Gym Games             | Gym Games             | Gym Games     |               |                      |                      |
| 9:00pm  | Close                                                                                                 | Close                 | Close                 | Close         | Close         |                      |                      |

Times and activities subject to change. Please visit [www.renaissanceclubsport.com](http://www.renaissanceclubsport.com) for updates.

**\*\*Kids Konnect** is a structured group activity to enhance interpersonal relationships & increase social awareness.