

Programs

MARCH PROGRAMS

Spring Kids Night Out!

Come join us for our monthly Kids Night Out! Staff will organize games in the gym, make a fun craft, enjoy pizza in the Group Ex Room, then off to the pool we go! It's going to be a BLAST! Don't forget your Swimsuits and Floaties! Please sign up at the front desk!

Date: April 20

Time: 4–8pm

Ages: 5–10

Fees: \$40+ tax Member
\$50+ tax Non-member

BASKETBALL

Basketball Classes/training/ Private Lessons with Gary

Group training sessions are designed to improve skills, work on athletic training specifically for basketball and are available for both teens and adults. All coached by our very own Gary Gardner. Coach Gary brings years of experience and success across multiple levels of play and is passionate about creating a positive physical, emotional, and mental experience for his players. Please email Natalias@columbiaathletic.com if you are interested in Adult/teen or youth group basketball training.

UPCOMING PROGRAMS

Spring Break Camp

Have fun with us during Spring Break! We will play fun gym games, enjoy the outdoors (weather permitting), create crafts, swim in the indoor pool and lots more!

Schedule:

- 9am: Drop off in gymnasium
- 9:15–9:30am: Ice Breakers
- 9:30–10:30am: Gym games & activities
- 10:30–10:45am: Potty break & snack break
- 10:50–12pm: Craft time/Outdoor play
- 12–1pm: Potty break and lunch
- 1–1:15pm: Group ex activities
- 1:15–1:30 prep for pool
- 1:30–2:30pm: Swim time
- 2:30–2:45 shower and change time
- 2:45–3pm: Gym games/get ready for pick up

Dates: April 1–5

Fees: \$375 + tax Member (Full week)
\$425 + tax Non-member (Full week)
\$80 + tax Member (per day)
\$100 + tax Non-member (per day)

3:15–4pm: Late Pick up Option available (\$10 tax M/\$20 + tax NM per day)

Registration starts February 1st.

COMPLIMENTARY PROGRAMS

Kid Movers

Meet, greet and sign in with the program staff in the gym. We will organize a variety of gym activities like tag, duck, duck, goose, red light/green light, fire in the forest and running games.

Ages: 3–5

Day: Saturdays, 9–9:45am

TURBO Kids

Learn how to juggle, jump rope and play lots of tag games in the gym. Staff will organize activities that are age appropriate for the participants who are enrolled for the class.

Ages: 6–10

Day: Saturdays, 10–11am

Open Gym

Open gym classes are times that the gym is reserved for members to come for that specific activity, not supervised by a CAC Staff. No sign ups necessary for Pick-up basketball/volleyball/pickleball, the Basketball Gym is reserved for members to show up and play that sport during the designated time frame.

Open Gym pick-up Basketball:

Days: Tuesdays & Fridays, 5–7pm

Ages: 14 & older

Open Gym pick-up Pickleball:

Days: Mondays & Wednesdays,
11am–1pm
Sundays, 10am–12pm

Ages: 10 & older

Open Gym pick-up Volleyball:

Days: Sundays, 4–6pm

Ages: 12 & older

Kid Friendly Gym Time:

We will lower our front court hoops Wednesdays 4 to 6pm. Bring your kids and shoot some hoops Complimentary Programs.

