



SUMMARY

Courthouse Club Fitness will now be offering a Kid's Activity Program, labeled as the "Courthouse KAP!", that will be facilitating physical fitness to local private schools and homeschooled students. This program will have a curriculum involving current Courthouse services - Jiu Jitsu, Group Exercise classes, and Team Sports.

Battle Creek Courthouse Day & Time:
Tue and/or Fri | 12:00 PM to 1:00 PM

FALL TERM

Focus: Impact Jiu Jitsu
Duration: Sept 13 - Dec 3 (Thanksgiving week off)

GRADES K - 4TH

Class Format: Little Champs Program

Description: In this class, kids learn team values, demonstrate basic Jiu Jitsu positions and wrestling movements, along with structured games.

GRADES 5TH - UP

Class Format: Big Champs Program

Description: Kids will punch and kick heavy bags, focus mitts, and do some partner drills with each other. There is no sparring or getting hit in the head in this class.

WINTER TERM

Focus: Group Exercise Classes
Duration: Dec 6 - March 4 (Christmas & New Years weeks off)

GRADES K - 4TH

Class Format: Kids60

Description: This is an exercise class that incorporates games and physical activity, specifically for ages 5-10.

GRADES 5TH - UP

Class Format: Group Active, High Fitness, Group Blast

Description: An hour-long class, focused on improving aerobic exercise.

SPRING TERM

Focus: Team Sports
Duration: Mar 7 - May 27 (Spring break week off)

GRADES K - 8TH

Class Format: Team Sports

Description: The Team Sports focus will be geared toward structured play in various options; such as, basketball, volleyball, soccer, field hockey, etc.