

Classes by Age

*Ages may be flexible

Contact Craig Jones
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3+

Exploring Sensations
Family Swim 4+
Mindfulness &
Relaxation
Motion Dynamics
(Virtual)
Vision In Motion

6-12

Art & Music
Arts & Crafts 8+
AU Bowling 8+
Baking Time in person 10+
Baking Time virtual 6+
Basketball Skills & Drills 9+
Beginner Fitness
Board Gamers 8+
Boys Zone
Drum It Up 10+
Exploring Sensations
Family Swim
Full Body Fitness
Girl Power
Mindfulness & Relaxation
Remote Minecraft/
Survival Saturday 7+
Motion Dynamics (in person) 7+
Motion Dynamics (virtual)
Music & Movement (virtual)
Personal Fitness 7+
Running Performance 8+
SCAN 12+
Soccer Skills & Drills 8+
Social Skills with Friends
Teen Kinect 12+
Vision In Motion
Youth Minecraft 7-12

13+

Art
Arts & Crafts
AU Bowling
AU Fit
Baking Time (in person & virtual)
Basketball Skills & Drills
Beginner Fitness
Board Gamers
Body Awareness
Drum It Up
Exploring Sensations
Family Swim
Full Body Fitness
Mindfulness & Relaxation
Remote Minecraft/
Survival Saturday
Motion Dynamics
(in person & virtual)
Music & Movement
(in person & virtual)
Personal Fitness
Running Performance
SCAN
Soccer Skills & Drills
Social Skills with Friends
Survival Saturday Minecraft
Teen Kinect 12-15
Teen/Young Adult Minecraft
Vision In Motion

16+

AlphaU
Art
Arts & Crafts
AU Bowling
AU Fit
Baking Time (in person & virtual)
Basketball Skills & Drills
Beginner Fitness
Board Gamers
Body Awareness
Cooking with Friends 18+
Drum It Up
Exploring Sensations
Family Swim
Full Body Fitness
Full Life Academy
Mindfulness & Relaxation
Remote Minecraft/
Survival Saturday
Motion Dynamics
(in person & virtual)
Music & Movement
(in person & virtual)
Personal Fitness
Running Performance
Social Skills with Friends
Soccer Skills & Drills
Summer Communication Bootcamp
16+
Teen/Young Adult Minecraft
Vision In Motion

30+

Staying Connected 30+