



Winter



2021

CrossFit Kids at The Rock is a functional strength and conditioning program designed especially for kids, utilizing the revolutionary CrossFit method. We teach children about functional exercises that mimic the everyday movements they do when they play- like pull, push, run throw, climb, lift and jump. We promote better nutrition and eating habits and the development of greater self-confidence, leadership and teamwork skills. We focus on having fun, building strong and healthy bodies and minds, and develop within your child a lifelong love of fitness.

This exciting program is for boys and girls ages 6-8 and 9-12 (1-hour class).

All classes are taught by CrossFit The Rock certified coaches.

For ages 6-8

MONDAY 4:00–5:00pm - (at RVC Rec. Center) - MONDAY 5:30–6:30pm

TUESDAY 4:00-5:00pm - (at RVC Rec. Center) - TUESDAY 5:30-6:30pm

WEDNESDAY 4:00–5:00pm - (at RVC Rec. Center) - WEDNESDAY 5:30-6:30pm

For ages 9-12

For Teens ages 13-17

Thursday 4:00-5:00pm

(at CrossFit The Rock)

For ages 3 - 5

Sunday 9:30-10:10am

(at RVC Rec. Center)

All Classes Begin week of Monday, January 4th

Fees based on 10 week session

\$250 for 1 class per week

\$450 for 2 classes per week

Fee for teens

10 pack punch card \$215

5 pack punch card \$115

10% sibling discount and 10% Cross Fit member discount

Registration begins Monday, November 16th.

To register and if you have any questions contact Coach Janice Moone of CrossFit The Rock at 516-445-6219 or email Janice@crossfitterock.com