

## Middle School ASSET Clubs

### Cross Fit

Classes will include fitness games that support one strength/cardio session, plus one mobility/balance session EACH week. Plus, there is a fun twist; weekly goal setting, self esteem building activities, mental health topics, self care routines, teamwork, healthy habit forming, and some topics on social trends happening today with our youth. BE READY for all the cool stuff you do out there.



**Dates:** Tuesdays, January 7th - March 3rd, excluding February 18th

**For:** 5th-8th Graders

**Program Time:** 3:30pm-5:30pm

**Transportation:** From Middle School to CrossFit Steamboat in a City Van

**Pick up:** 5:15-5:30 at Soda Creek

**Cost:** \$100

### Babysitting Training and CPR Certification

Participants will learn the business of babysitting, child development, the correct techniques for playing with all ages of children, as well as practice holding, changing and feeding infants and toddlers. Snacks and all supplies needed are included.

**Dates:** Thursdays, January 9th - March 5th, excluding February 20th

**For:** 6th-8th Graders

**Program Time:** 3:30pm-5:30pm

**Transportation:** From Middle School to Young Tracks in a City Van

**Pick up:** 5:15 - 5:30 at Young Tracks

**Cost:** \$125



### Registration is open!

To register or for more information visit: [steamboatsprings.net](http://steamboatsprings.net)

Program Questions: Erika Petersen, 970-871-7061 [epetersen@steamboatsprings.net](mailto:epetersen@steamboatsprings.net)

Registration Questions: Kelsey Luczycki, 970-879-4300 [kluczycki@steamboatsprings.net](mailto:kluczycki@steamboatsprings.net)