

**Prairie Life Youth Activities ~ Winter 2019**  
**January 7<sup>th</sup> – March 9<sup>th</sup>**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center"><u>Basketball Skills &amp; Drills</u> Girls Ages (5-6) 1:15-1:50pm (Youth Gym)</p>	<p align="center"><u>Toddler Dance</u> Ages(2-3) 5:15-5:45pm (Youth Studio)</p> <p align="center"><u>Creative Dance</u> Ages(4-6) 5:50-6:25pm (Youth Studio)</p> <p align="center"><u>Playground Games</u> Ages(8-12) 6:30-7:10pm (Youth Gym)</p> <p align="center"><u>Dance Evolution</u> Ages(7-11) 6:30-7:10pm (Youth Studio)</p>	<p align="center"><u>Beginning Ballet/Tap</u> Ages(2-3) 9:00AM-9:30AM (Youth Studio)</p> <p align="center"><u>Pre-K Ballet/Tap</u> Ages (4-5) 9:45AM-10:30AM (Youth Studio)</p> <p align="center"><u>Jr. Racquetball</u> (Beginners) Ages(6+) 4:30-5:00pm (Racquetball Court)</p> <p align="center"><u>Jr. Racquetball</u> (Intermediate) Ages (6+) 5:05-5:35pm (Racquetball Court)</p> <p align="center"><u>Yoga for Teens</u> Ages(11-16) 4:15-5:00pm (Studio B)</p> <p align="center"><u>Yoga for Kidz</u> Ages(4-6) 5:40-6:15pm (Youth Studio)</p> <p align="center"><u>Yoga for Youth</u> Ages(7-10) 6:20-7:10pm (Youth Studio)</p> <p align="center"><u>Mini Kickers</u> Ages (3+4) 5:45-6:20pm (Big Gym)</p> <p align="center"><u>Mighty Kickers</u> Ages (5+) 6:30-7:15pm (Big Gym)</p>	<p align="center"><u>Mini Tennis</u> Ages(3-4) 9:00-9:30am (Big Gym)</p> <p align="center"><u>Mighty Tennis</u> Ages(4-5) 9:35-10:05am (Big Gym)</p> <p align="center"><u>Mini Kickers</u> Ages (3-4) 9:30-10:10am (Youth Gym)</p> <p align="center"><u>Mighty Kickers</u> Ages (4-6) 10:15-11:00am (Youth Gym)</p> <p align="center"><u>Level 1 Tennis</u> Ages(6-8) 4:30-5:10pm (Big Gym)</p> <p align="center"><u>Level 2 Tennis</u> Ages(9-11) 5:15-6:00pm (Big Gym)</p> <p align="center"><u>Survival Games</u> Ages (9-12) 6:15-6:55pm (Youth Gym)</p>	<p align="center"><u>Tiny Tumblers</u> Ages (2) 9:30-10:00am (Big Gym)</p> <p align="center"><u>Mini Tumblers</u> Ages (3-4) 10:00-10:45am (Big Gym)</p> <p align="center"><u>Tennis Mini/Mighties</u> Ages (2) 9:15-9:45am (Big Gym)</p> <p align="center"><u>Mini Tumblers</u> Ages (3-4) 5:45-6:15pm (Big Gym)</p> <p align="center"><u>Mighty Tumblers</u> Ages (5+) 6:20-7:00pm (Big Gym)</p>	<p align="center"><u>Basketball Skills &amp; Drills</u> Girls Ages (7-9) 5:40-6:20pm (Youth Gym)</p> <p align="center"><u>Basketball Skills &amp; Drills</u> Boys Ages (7-9) 6:25-7:05pm (Youth Gym)</p>	<p align="center"><u>Pom &amp; Cheer</u> Ages(3-4) 9:00-9:30am (Youth Studio)</p> <p align="center"><u>Pom &amp; Cheer</u> Ages(7-9) 9:35-10:10am (Youth Studio)</p> <p align="center"><u>Pom &amp; Cheer</u> Ages (10-14) 10:15-10:55am (Youth Studio)</p>

**Prairie Life Fitness    2275 South 132<sup>nd</sup> Street, Omaha NE 68144    (402)-691-8546**

For class descriptions, fees, space availability, and registration  
please visit us online at [www.prairielifelife.com](http://www.prairielifelife.com) or contact Ja'Nique Johnson,  
Youth Activities Director at [youth132@prairielife.com](mailto:youth132@prairielife.com)

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