

Healthplex Kids' Activities

Ages 12 & younger

November 1 – December 31, 2009

Child Watch Center

The child watch center is available at the designated times listed below to watch children ages 12 & younger while you exercise. For policies and procedures, contact the front desk @ 601-925-7900.

Child Watch Times → Monday through Thursday... 8:00 – 11:30AM & 4:30 – 8:00PM
Friday & Saturday... 8:00 – 11:30AM
*Sunday... 2:30 – 4:30PM (May close during holidays based on participation)

Swimming Pool

Children 12 years & under are welcome to swim in the therapy pool during the designated family swim times listed below with *direct adult supervision (18 years & older).
Other Wet Areas: Children 12 years and under are not allowed in the lap pool, whirlpools, cold plunges, steam rooms or saunas at any time, regardless of supervision.

Family Swim Times → Monday & Wednesday ... 12:00 – 2:00PM
Monday through Thursday ... 6:30 – 9:30PM
Friday ... 4:30 – 7:30PM
Saturday ... 10:00AM – 4:30PM
Sunday ... 1:00 – 5:30PM

Pool Rental: Interested in renting the pool for group activities? Contact Aquatics Coordinator Kassi Lee @ 601-925-7909 for more information.

Private & Group Swim Lessons

We offer both private and group swim lessons. Private swim lessons are available year round for ages 3 & older and for all levels. Group swim lessons, offered at specific times in the Summer, Fall, and Spring are designed for the following ages: 6 month – 2 years, 3-5 years, 6-12 years, and 13 years & older. Contact Aquatics Coordinator Kassi Lee @ 601-925-7909 for more information.

Makos Swim Team

To be a part of the Makos swim team, contact instructor Brian Ware @ 601-209-3187.

Kids' Personal Training

Our degreed fitness specialists are trained to help children, ages 6 and older, get a head start in developing lifelong habits towards health and fitness with age appropriate exercises. Contact Fitness Director Patrick Conn @ 601-925-7914 for more information.

Ren Bu Kan Karate

Ren Bu Kan Karate classes are offered for various age groups. For more information, contact instructor Melanie Patterson @ 601-720-2915 or 601-720-7564.

Basketball & Racquetball Courts

All children are welcome to use the basketball and racquetball courts at all times but must have *adult supervision (18 years & older). To ensure play, racquetball court reservations are recommended and can be made at the front desk. For future events occurring on the basketball courts, a weekly court schedule will be posted at the front desk and by court #1 and will be updated each Friday for the upcoming week.

Basketball Court Rental: Interested in renting the basketball court for group activities? Contact Fitness Director Patrick Conn @ 601-925-7914 for more information.

Kids' Zone

Children ages 12 & younger are not allowed in the 2nd or 3rd floor workout areas and are not allowed to use any piece of cardiovascular or strength training equipment. Therefore, we have designated an area coming out of the 2nd floor stairwell as our Kids' Zone. This area, which requires *adult supervision (ages 18 & older), includes a pool table, ping-pong table, stretching mats, and KidsFit® Cardio equipment allowing children and their parents a safe area to be physically active together.

Walking Track

Children ages 6-12 can use the walking track but must have *direct adult supervision (18 years & older). Children 5 years of age & younger are not allowed on the track.

EnerGym: A Comprehensive Instructor-Led Fitness Program for ages 6-12

Utilizing specifically designed, age-appropriate KidzPower® resistance training equipment and Cardio Kids® cardio equipment, our Mighty Muscles (ages 6-8) and IronKids (ages 9-12) EnerGym classes offer a comprehensive instructor-led fitness program. These fun-filled 45-minute circuit classes combine safe resistance training with exciting aerobic exercises to stimulate your child's interest in a healthy active lifestyle. In addition, the program includes a FITNESSGRAM® physical fitness assessment and a nutrition, fitness, and lifestyle modification Fun Book. Contact Fitness Director Patrick Conn @ 601-925-7914 for class times, cost, and registration.

ExerGame Zone: Opening Late November.

ExerGame Zone is a fun, safe, supervised area to encourage kids (at least 3 years of age) & adults of any age to use their brain & bodies, making participants become a "human joystick" by merging fitness with video games. Contact Fitness Director Patrick Conn @ 601-925-7914 for details.

Ballet Classes

Classes offered for ages 3-6 from instructor Jessica Brock of the Center Pointe Dance Academy. For details, contact Jessica @ 601-497-4618 or email CenterPointeDance.com

Birthday Parties

Allow us to host your child's birthday party. For information on party options and cost, contact Program Director Jan Cossitt @ 601-925-7915.

We offer a comprehensive fitness assessment and exercise program for ages 13-15? For more information, ask the front desk about our Teen Fitness Program .

***Adult Supervision** is defined as a member 18 years & older who assumes full responsibility of the child and is located in the same area of the child at all times.

***Direct Adult Supervision** is defined as a member 18 years & older who assumes full responsibility of the child but must be within arms length of the child at all times.