



## **What is CrossFit Kids?**

**CrossFit Kids is not simply a scaled down version of CrossFit, it is entirely absolutely CrossFit geared and designed for a special population and the specific developmental needs of that population (neurological, cognitive, motor).**

**Since Late 2004 CrossFit Kids has been Forging The Future Of Fitness and is currently in over 400 gyms in North America, Australia, Europe, Africa, India, Japan and Panama. CrossFit Kids is a strength and conditioning program that is specifically designed for kids and teenagers and helps them develop a lifelong love of fitness. In a group setting, children and teens participate in fun and engaging workouts that deliver measurable results and prepare them to be well-rounded athletes. With a network of over 2000 CrossFit Kids Trainers, CrossFit Kids is being implemented in preschools to high schools with before-and-after school programs and integration into Physical Education curriculum. CrossFitKids.com contains thousands of archived workouts, video demonstrations and informative articles that provide interested parents or teachers with a foundation for understanding how the CrossFit Kids program can be implemented at home or at school.**

**CrossFit Kids workouts consist of constantly varied, functional movements that deliver a fitness that is broad, inclusive and general and scalable for any participant at any level.**

## **What does this mean?**

**This means that, for the most part, no two workouts are the same, so kids and teens never get bored and the novelty of each workout keeps them excited about participating. The functional movements involve exercises that are fundamental to all things that kids need to do when they play--pull, push, run, throw, climb, lift and jump. All of the movements are taught safely and effectively under the close supervision of thoroughly trained CrossFit Kids Trainers.**

**When fitness is defined as broad, inclusive and general it means that participants will become well-rounded athletes who will be better at any and every sport that they play because CrossFit Kids doesn't coach them to be good at just one thing. Our workouts will increase physical competence in 10 fitness domains: Cardiovascular and Respiratory Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.**

**With workouts that are scalable, CrossFit Kids can equally benefit a person who is less active or an accomplished athlete by tailoring workouts so that each participant is challenged just enough to deliver measurable results and personal athletic progress.**

## How to start?

Check our class schedule and see where your child fits in. We have open enrollment, meaning you can start any day of the month. There are no contracts in the CrossFit Kids Virtus program, just month-to-month payments.

### CURRENT CLASS SCHEDULE. Subject to change based on demand

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-K (3-5)	Currently not available				
Kids (5-8)	4:00 - 4:30		4:00 - 4:30		
Pre-Teens (9-12)	4:30 - 5:00		4:30 - 5:00		
Teens (13-17)	5:00 - 6:00		5:00 - 6:00		
Teen Weightlifting	9:00 - 10:00 (Summer)		9:00 - 10:00 (Summer)		9:00 - 10:00 (Summer)

## Class Structure:

Pre-K (3-5)	Kids (5-8)	Pre-Teens (9-12)	Teens (13-17)	Teen Weightlifting
Class Length: 30 min	Class Length: 30 min	Class Length: 30 min	Class Length: 60 min	60-minute class, 3 days per week.
Whiteboard (Explain the Workout): 3 min	Whiteboard: 3-5 min	Whiteboard: 3-5 min	Whiteboard: 5 min	By invitation only; athletes must move well with no weight long before putting large loads on the barbell.
Focus/Skill work: 3-5	Warm up: 3-5 min	Warm up: 3-5 min	Warm up: 3-5 min	
Warm-Up: 3 min	Focus/Skill work: 5-8 min	Focus/Skill work: 5-8	Skill Work: 5-10 min	Individualized program developed and supervised by Coach.
WOD: 3-5 min	WOD: 5-10 min	WOD: 5-10 min	WOD: 2-15 min	
Game: Remainder	Game: 5-10 min	Game: 5-10 min	Skill Work: 3-5 min	
			Stretch: 5 minutes	

## Rates:

- Current CFV Members: \$45/month (10% for additional child)
- Teen Weightlifting: \$55/month (10% for additional child)
- Non-CFV Member: \$65/month (10% for additional child)

For Registration Packet and Parents' Welcome Letter, please go to [www.crossfitvirtus.com/kids](http://www.crossfitvirtus.com/kids).

Contact Coach Cecil at 225-772-5884 or [crossfitvirtus@gmail.com](mailto:crossfitvirtus@gmail.com), or Coach Sara at 225-772-6108 or [saraleannpiazza@gmail.com](mailto:saraleannpiazza@gmail.com) to sign your child up.