**What is CrossFit Kids?**

“CrossFit Kids is not merely a scaled down version of CrossFit. It is entirely and absolutely CrossFit, geared and designed for a special population and the specific developmental needs of that population.” -Mikki Lee Martin, CrossFit Kids Co-Founder

CrossFit Kids is a program designed to take advantage of the peak developmental years of childhood and maximize the opportunity to encourage bone density and vestibular system development. The program combines functional movements in gymnastics, body-weight calisthenics, and weightlifting elements to develop capacity across modal domains.

Our goal is to create a love for fitness at a young age! By doing this we are allowing our children the opportunity to pursue a life long journey of health and wellness that can continue into their adult years. We want to inspire and train this generation to take responsibility for their health.

**Is this safe for kids?**

YES! Our top priority is keeping your children safe throughout all of the movements we do in class. We teach proper technique for every movement, and until this is mastered, no additional weight is added. We want to make sure that your child feels safe and confident in our classes!

**Is it ok for kids to weightlift?**

Yes! It is better than ok…it’s great! It is reported that children participating in a CrossFit Kids programs are the students that are strong, lean, and healthy. They stand out in PE and are much more able to pick up and learn a new sport or activity. It has been proven time and time again that strength training is a crucial and beneficial part of improving fitness for everyone. Yes, kids too!

**Class Schedule:**

The ages of athletes in our Kids program is somewhat flexible- if the coach feels like an athlete is emotionally and physically ready, the coach can make the decision to move the athlete up to a different class. The athlete must demonstrate superb technique in all of the lifts and also have the maturity to handle the more advanced class.

CF Kids Prime (3-6): M, T, Th, F 4:30-5:00 pm

CF Kids (6-12): M, T, Th, F 5:15-6:00 pm

CF Teens (12-17): M, T, W, Th 6:15-7:15 pm

**What does a typical class look like?**

CrossFit Kids Preschool: Class Length- 20-25 min

-Whiteboard Time: Explaining the Warm up, Skill, WOD, and Game for the day

-Focus/Skill work

-Warm up

-WOD

-Game

CrossFit Kids: Class Length- 45 min

-Whiteboard Time: Explanation of the Warm up, Skill, WOD, and Game

-Warm up

-Focus/Skill Work

-WOD

-Game

-Academic Time (15 minutes)

CrossFit Teens: Class Length- 1 hour

-Whiteboard time: Explanation of Warm up, Skill, and WOD

-Warm up

-Skill Work

-WOD

-Stretch/Cool Down

-Academic Time (15-20 minutes)

**Memberships:**

All memberships are for unlimited use and are on a month to month basis- no contracts or cancellation fees.

1st membership- $100

2nd membership- $80

Each additional membership- $60

For more information, email us at [info@crossfitabv.com](mailto:info@crossfitabv.com)

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