

Youth Sports and Fitness  
Instructional and Camp Schedule FY25

YSF INSTRUCTIONAL & CAMP FY2025

October					
	Ages	Cost	Days	Time	Location
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class.</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym Class. Focus of the month Gaelic Football.</b>					
<b>Moosercise PM</b>	18mo-5yrs	\$30	Tues.	1730-1815	Denegee
<b>Grown Up &amp; Me Exercise Class.</b>					
November					
	Ages	Cost	Day	Time	Location
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class.</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym Class. Focus of the month Football.</b>					
December					
	Ages	Cost	Days	Time	Location
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym class. Focus of the month wrestling.</b>					
<b>Moosercise PM</b>	18mo-5yrs	\$30	Tues.	1730-1815	Denegee
<b>Grown Up &amp; Me Exercise Class</b>					
<b>Rock Tumble Roll</b>	3-6yrs	\$55	M & W	1730-1815	Denegee
	7 - 18yrs	\$65	M & W	1815-1915	
<b>Introductory tumbling class.</b>					
<b>Kicking it w/ Coach Nick</b>	7-18yrs	\$65	3,5,10,12,13,17,19,20	1815-1915	YC
<b>Introductory Kickboxing</b>					
<b>Winter Adventure Camp</b>	7-18yrs	\$60	30th-31st	1000-1300	CB, BH
<b>Tubbing, XC Skiing, &amp; Archery Tag</b>					

January					
	Ages	Cost	Day	Time	Location
<b>Ice Fishing</b>	7 - 18yrs	\$65	3rd	1000-1300	CL
<b>Fishing through a hole in the ice.</b>					
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym class. Focus of the month Soccer.</b>					
<b>Moosercise PM</b>	18mo-5yrs	\$30	Wed.	1730-1815	Denegee
<b>Grown Up &amp; Me Exercise Class.</b>					
<b>Youth Arctic Ninja</b>	7-10yrs	\$65	T&Th.	1730-1830	YC
	11-18yrs		T&Th.	1830-1930	
<b>Obstacle course and Parkour.</b>					
<b>Winter Adventure Camp</b>	7-18yrs	\$60	6th & 7th	1000-1300	CB, BH
<b>Tubbing, XC Skiing, &amp; Archery Tag</b>					
February					
	Ages	Cost	Day	Time	Location
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class.</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym Class. Focus of the month Archery &amp; XC Ski.</b>					
<b>Dance</b>	3-5yrs	\$30	Tues.	1730-1815	FFC
	6-13yrs			1815-1915	
<b>Introductory dance class</b>					
<b>Arctic Ninja Camp</b>	5-8 yrs	\$30	13th	1400-1500	YC
	9-18 yrs			1500-1600	
<b>Obstacle courses and Parkour.</b>					

**Fee's are per child per instructional/camp**  
**NO DISCOUNTS/REDUCTIONS are available for instructionals or camps.**  
Please read all emails from Youth Sports & Fitness for any changes and/or updates. (remember to check your spam folder)

**To register, please call Parent Central Services at (907)353-7713, Monday - Friday 0800 - 1600**



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March					
	Ages	Cost	Day	Time	Location
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class.</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym Class. Focus of the month Basketball.</b>					
April					
	Ages	Cost	Day	Time	Location
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class.</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym class. Focus of the month dodgeball.</b>					
May					
	Ages	Cost	Day	Time	Location
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym class. Sport of the month Baseball.</b>					
<b>Mini Adventure Camp</b>	3-6yrs	\$30	27 & 28th	1100-1145	EP
<b>Obstacles &amp; Water Play</b>					
<b>Super Hero Action Camp</b>	3-6yrs	\$55	28-30th	1200-1300	YC
	7-18yrs	\$60		1300-1500	YC
<b>Kickboxing, Ninja Obstacle Course, &amp; Archery</b>					
<b>Rock Climbing Camp</b>	7-18yrs	\$60	29th	1200-1500	ODR
			30th	1100-1500	GR
<b>Rock wall climbing and outdoor rock climbing</b>					
<b>Parents must provide transportation to Grapefruit Rocks</b>					

June					
	Ages	Cost	Day	Time	Location
<b>Mini Field Day</b>	3-6yrs	\$30	2nd-4th	1000-1100	EP & CC
<b>Tie Dying, Field Day &amp; Chena Cove Water Olympics</b>					
<b>Adventure Camp</b>	7-18yrs	\$60	10th-13th	1200-1500	ODR, EP, CC, & GP
<b>Rock climbing, Archery Tag, Chena Cove Water Olympics, Chena River float</b>					
<b>Frontier Camp</b>	7-18yrs	\$60	23rd-26th	12-1500	BH, EP, MP
<b>Hiking, Learn Basic Camping Skills, Archery, Kickball &amp; Fishing</b>					
July					
	Ages	Cost	Day	Time	Location
<b>Float Camp</b>	7-18yrs	\$60	June 30th - 2 July	1200-1500	CC, TL, EP
<b>Kayak, Paddle Board &amp; Raft</b>					
<b>Adventure Camp</b>	7-18yrs	\$60	7th-10th	1200-1500	ODR, EP, CC, & GP
<b>Rock climbing, Archery tag, Chena Cove Water Olympics, Chena River float</b>					
<b>Mini Adventure Camp</b>	3-6yrs	\$30	16th-17th	1100-1145	EP
<b>Obstacle Course &amp; Water Play</b>					
<b>Super Hero Action Camp</b>	5-6yrs	\$55	21st-23rd	1200-1300	YC
	7-18yrs	\$60		1300-1500	
<b>Kickboxing, Ninja Obstacle Course, &amp; Archery</b>					
August					
	Ages	Cost	Day	Time	Location
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class.</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym class. Activity of the month bootcamp.</b>					
<b>Fishing</b>	5-18yrs	\$55	M & W	1730-1830	MP, S6, CC, GP
<b>Catch &amp; Release fishing on Fort Wainwright.</b>					
<b>Golf</b>	5-18yrs	\$100	T	1000-1200	CB
<b>Introductory golf lessons.</b>					

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**NO DISCOUNTS/REDUCTIONS are available for instructionals or camps.**

Youth Sports & Fitness does not provide transportation to/from any instructional and/or camp locations.

**To register, please call Parent Central Services at (907)353-7713, Monday - Friday 0800 - 1600**



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September					
	Ages	Cost	Day	Time	Location
<b>Moosercise</b>	18mo-5yrs	\$30	Thurs.	1115-1200	Denegee
<b>Grown Up &amp; Me Exercise Class.</b>					
<b>Home School PE</b>	5-18yrs	\$30	Wed.	1300-1400	YC
<b>Gym class. Activity of the month Brazilian Jiu Jitsu.</b>					

**Locations**

- Denegee:** CDC 3588 Neely Rd Fort Wainwright, AK (beside base vet clinic)
- YC:** Youth Center; 4109 Neely Rd Fort Wainwright, AK
- ODR:** Outdoor Recreation; 4050 Glass Dr Fort Wainwright AK
- CB:** Chena Bend Golf Course; 2090 Montgomery Rd Fort Wainwright AK
- GP:** Glass Park
- EP:** Engineer Park Sports Complex; Fort Wainwright AK
- FFC:** Frayer Fitness Complex
- CC:** Chena Cove
- BH:** Birch Hill Ski Area; 1169 Ski Rd Fort Wainwright AK
- CR:** Chena River Recreation Area
- TL:** Tanana Lake; 4400 S. Cushman St Exd Fairbanks AK
- MP:** Memorial Pond; Fort Wainwright AK
- AC:** Aquatic Center
- S6:** Site 6; Fort Wainwright AK
- GR:** Grapefruit Rocks; MP39 Elliot Highway Fairbanks AK

**Parents must provide transportation to Grapefruit Rocks**

**YSF INSTRUCTIONAL & CAMP FY2025**

**Fee's are per child per instructional/camp**

**NO MULTI CHILD REDUCTIONS FOR INSTRUCTIONAL OR CAMPS**  
**Volunteer coach discounts are NOT available for instructional or camps.**

**To register your child/ren**  
**Please contact Parent Central Services**  
**In person at 3414 Rhineland Ave Fort Wainwright AK**  
**or**  
**Call (907)353-7713**

**For questions about instructional programs or camps,**  
**please contact Youth Sports & Fitness at (907)361-4473**

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