



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kid Fit

**Tuesday and Thursday
5:30 – 6:30PM**



Have you been looking for something for your kids to do while you are working out? Here's a great program that will keep your kids active and having fun. Kid Fit is for kids ages 7 to 11. Learn the basics of strength and cardiovascular conditioning for kids this age group. Classes will utilize appropriate fitness equipment such as hand weights, body bars, tubing, jump rope, and the walking track. Fun, energetic recreational activities will also be included to make fitness fun and safe. Your child should wear tennis shoes and comfortable clothing to class.

Pick up the monthly activity calendar at the front desk.
This class is free for YMCA Youth members or children in family memberships.

Sign-In & Out:

Parents must sign in their child from 5:30 – 5:40pm in the Youth and Family Fitness Center. Parents will not be allowed to sign in their child after the 5:40pm deadline.

Pick up is at 6:30pm in the Youth and Family Fitness Center.

Parents:

Parents must remain in the building during Kid Fit but may take this opportunity to work out. You must be available to the instructor at all times in case there is an emergency or you are needed.

Class may be cancelled if a minimum of 3 kids have not been signed in by 5:40pm.