

YOUTH FITNESS GAMES

MONTHS OF JUNE & JULY * WED & FRI * AGES 5-10

6:45PM TO 7:15PM

COST: \$40.00/month; \$75.00/June AND July; discount offered for 2 or more children per family

OUR YOUTH FITNESS GAMES ARE AN OPPORTUNITY FOR YOUR KIDS TO PARTICIPATE IN STRUCTURED PLAY; WE WILL FOCUS ON LARGE MOTOR SKILLS, HAND-EYE COORDINATION, BODY WEIGHT MOVEMENT, AND TEAM-BUILDING.

OUR GOAL IS TO INTRODUCE FITNESS IN A FUN ENVIRONMENT, AND TO PROMOTE ADHERENCE TO AN ACTIVE LIFESTYLE WHILE NURTURING A CHILD'S NATURAL LOVE OF MOVEMENT.

PARENTS ARE WELCOME TO STAY AND PLAY, BUT AREN'T REQUIRED TO; WE ASK THAT YOU PROVIDE WATER BOTTLES AND MAKE SURE YOUR KIDS ARE DRESSED IN COMFORTABLE, NON-RESTRICTIVE CLOTHING AND SNEAKERS (NO JEANS, FLIP FLOPS, ETC.).

