

# Fit Kids After School



Come to the YMCA after school for fitness, friends and fun! Kids will learn about the three components of a fit kid – strength, cardiovascular endurance and good nutrition. Participants are encouraged to develop healthy lifestyle habits as they learn how small changes in their food choices and activity levels can lead to big changes in their health and wellness. Trained YMCA staff lead the group in a fun, supportive, positive environment where the YMCA character values – honesty, respect, responsibility and caring – are taught and practiced! Interesting in-class discussions, educational group activities, field trips and healthy cooking lessons all add to the real life value of this program. Parents are encouraged to get involved through monthly parent meetings, at-home challenges and take home class information.

<b>WHO?</b>	<b>Kids ages 9 to 15 years old</b>
<b>WHEN?</b>	<b>Mondays, Wednesdays and Fridays</b>
<b>TIME?</b>	<b>4:30 p.m. to 6:00 p.m.</b>
<b>WHERE?</b>	<b>At the Union County Family YMCA</b>
<b>COST?</b>	<b>Members - \$80 per 4 week session</b> <b>Non-Members - \$100 per 4 week session</b> <b>*Financial assistance is available</b>

## Sample Daily Schedule

**4:30 to 5:00** – Class topic: “Why are nutrition labels important?”

**5:00 to 5:30** – Cardio Circuit in the Fitness Center

**5:30 to 6:00** – Strength Training with Bands and Resistance Balls

To register contact the Union County Family YMCA at 937-578-4250.



YMCA. We build strong kids, strong families, strong communities.

