

## Fit Kids Class Activities Calendar June, 2008

Day	Date	Fitness Activity	Snack	Class Location	Bring
(subject to change)					
Monday	6/2	Pool Workout	granola bars	Pool	water bottle, folder, swimming suits
Wednesday	6/4	Intervals	apples	Fitness Center	water bottle, folder, workout clothes
Friday	6/6	Gym Games	cheesesticks	Gym	water bottle, folder, workout clothes
Monday	6/9	Wet Ball	yogurt	Pool	water bottle, folder, swimming suits
Wednesday	6/11	Cardio Work Out / LB	bananas	Fitness Center	water bottle, folder, workout clothes
Friday	6/13	Capture the Flag	Triscuits	Gym	water bottle, folder, workout clothes
Monday	6/16	Lap Swim / Marco Polo	granola bars	Pool	water bottle, folder, swimming suits
Wednesday	6/18	Cardio Work Out / UB	apples	Fitness Center	water bottle, folder, workout clothes
Friday	6/20	* Eljer Park Circuit	cheesesticks	Eljer Park	water bottle, folder, workout clothes
<b>*Field Trip - Bring your permission slip!</b>					
Monday	6/23	Land & Water Workout	yogurt	Pool	water bottle, folder, swimming suits
Wednesday	6/25	Squats and Push Ups	bananas	Fitness Center	water bottle, folder, workout clothes
Friday	6/27	Line Tag	Triscuits	Gym	water bottle, folder, workout clothes

**2008 Fit Kids Class Policies:** Fit Kids will follow the YMCA session schedule and will have class every Monday, Wednesday and Friday, unless otherwise noted on the calendar. The exception to that is that Fit Kids will be canceled if Union County is under a level 2 or 3 snow emergency. Participants must wear exercise-appropriate clothing and shoes for land workouts - no flip flops, sandals, open-backed tennis shoes, dress shoes or boots! Water bottles are highly encouraged. Participants will be provided a small *healthy snack* to eat during class. Water bottles are highly encouraged. Please call the YMCA at 937-578-4250 if you are going to be absent from class. This calendar is also available on our website at [www.unioncountyyymca.org](http://www.unioncountyyymca.org). You can also contact the instructor directly via e-mail : [nharris@unioncountyyymca.org](mailto:nharris@unioncountyyymca.org). This calendar is subject to change, based on weather conditions, class attendance and classroom space availability.