



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY BEGINS EARLY

KidFit Program

HARRISON FAMILY YMCA

This program is for school-age children in child watch to be a part of! Kids will learn all about having a healthy spirit, mind, and body while having fun! Kids will play various games, try different sports, and learn all about healthy habits.

Mondays & Thursdays 6:30 – 8:00 p.m.

*This schedule runs September 30th – December 19th. See back for Activity Schedule.

FREE for YMCA Members

Standard Guest Fees for Community Members

Ages 6 – 12

Sign up via the provided sign-in sheet in child watch if your child is checked into child watch at the time of the KidFit program. Otherwise, you may sign in at the Teen Center.

**STAY TUNED FOR A REVAMPED KIDFIT
COMING THIS JANUARY!**

Will include more intentional fitness programming, tracking results and improvements.

Program Fee will be \$25/month.

For more information, contact Youth Development Coordinator Ivy Jones at 252-972-9622 x227 or ijones@rmymca.org.

Week Of	Monday Activity	Thursday Activity
September 30 th	Soccer	Volleyball
October 7 th	Relay Races	Lacrosse
October 14 th	Rock Wall	Rock Wall
October 21 st	Just Dance!	Flag Football
October 28 th	Baseball/Mat Ball	Kickball
November 4 th	Rock Wall	Rock Wall
November 11 th	Archery	Amazing Race!
November 18 th	Soccer	Walleyball
December 2 nd	Rock Wall	Rock Wall
December 9 th	Racquetball	Just Dance!
December 16 th	Dodgeball	Basketball