

Kidfit Activity Schedule

Join us to BE ACTIVE and learn about healthy habits!

Date	Activity	Healthy Habit Focus
MONDAY 1/20	YMCA EXTREME Scavenger Hunt	FRUITS & VEGGIES THOUGHTS
THURSDAY 1/23	JUST DANCE!	HYGIENE
MONDAY 1/27	HOCKEY RACE CHALLENGE!	SLEEP SLEEP SLEEP
THURSDAY 1/30	CREATE YOUR OWN: Obstacle Course!	WHOLE GRAINS
MONDAY 2/3	RACQUETBALL: Beat the course!	LETS MOVE!
THURSDAY 2/6	ACTIVITY BINGO! Who will win it all	SUGAR?!?!?
MONDAY 2/10	BASKETBALL: Learn a new game!	MY PLATE!
THURSDAY 2/13	RUN IT OUT! Track challenges!	HOW MANY STEPS TODAY?
MONDAY 2/17	FIELD EXTREME! Test your skills in these field games!	FIT & FUN!
THURSDAY 2/20	BOARD GAME FITNESS!	SHINY TEETH
MONDAY 2/24	YOGA-ANIMAL STYLE!	HAND WASHING!
THURSDAY 2/27	CARDIO CORNHOLE	DIFFERENT FOODS TO TRY!