



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 9:00 - 10:00 a.m.

Thursdays 6:30 - 8:00 p.m.

*This schedule runs June 10th - August 19th

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.

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

KidFit JUNE Schedule | Mondays 9-10 a.m & Thursdays 6:30-8 p.m.

KidFit Components	Monday	Development	Thursday	Development
Health and Nutrition	6/3 No KidFit		6/6 No KidFit	
Sports				
Lifetime Sports	6/10 Soccer is outta' this world!	Challenge to learn new skills and how to be a part of a TEAM!	6/13 Amazing Race Challenge Course!	Work hard as a team to complete a challenge course!
Fitness				
Play is Exercise	6/17 Learn a new sport: SPIKEBALL	Learn this new fun sport with a net, ball, and teams!	6/20 Rock Wall Climbing!	Climb the Rock Wall + challenge yourself to new courses!
Emotional Wellness				
Gymnastics				
Aquatics	6/24 STEM UNIT: Egg Drop Challenge!	Test your building/engineer skills to create the best device so your egg won't break from extreme heights!	6/27 Water Games! **Dress for getting wet	Be prepared to get wet! Fun water games.
Climbing				

KidFit JULY Schedule | Mondays 9-10 a.m & Thursdays 6:30-8 p.m.

KidFit Components	Monday	Development	Thursday	Development
Health and Nutrition Sports	7/1 Learn a new sport: HOCKEY	Have fun while learn basic skills of the game!	No KidFit due to July 4th	
Lifetime Sports Fitness Play is Exercise	7/8 Just Dance!	Groove with friends while getting a great workout!	7/11 Wiffleball	Batter up!
Emotional Wellness Gymnastics	7/15 Amazing Race!	Work hard as a team to complete a challenge course!	7/18 Rock Wall	Climb the Rock Wall + challenge yourself to new courses!
Aquatics Climbing	7/22 Lacrosse!	Develop more hand-eye coordination while having FUN!	7/25 Balloon Olympics!	Who will win the gold?

KidFit Aug Schedule |

Mondays 9-10 a.m & Thursdays 6:30-8 p.m.

KidFit Components	Monday	Development	Thursday	Development
Health and Nutrition	7/29 Extreme Scavenger Hunt!	Work as a team, be active, and complete the challenge!	8/1 Obstacle Course!	Can you make it through all obstacles?
Sports	8/5 Zumba!	Groove with friends while getting a great workout!	8/8 Parachute Games!	Batter up!
Lifetime Sports				
Fitness	8/12 Relay for life!	Which team will end up on top??	8/15 Soccer is out of this world!	Challenge to learn new skills and how to be a part of a TEAM!
Play is Exercise				
Emotional Wellness	8/19 Dodgeball	Work on speed, agility, and endurance in a variety of different games!	8/22 Rock Wall!	Climb the rock wall + challenge yourself to new courses!
Gymnastics				
Aquatics	No KidFit due to first day of school		8/29 Water Games! **Dress for getting wet	Be prepared to get wet! Fun water games.
Climbing				