

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				