

Grove City YMCA

Y Kids Are Fit Program

Beginning September 8, 2008
Monday through Thursday: 5:00pm-6:00pm

Y Kids Are Fit is an opportunity for youth to explore components of physical activity and education in a fun, non-competitive environment. Each week will focus on a different component of physical education with a component of activity that matches the theme of the week. This is not an exercise class, but an opportunity for kids to do something fun, learn, and be active.

The program is free and open to youth ages 6 – 11.

Classes are free, and youth can come to as many as they would like.
Class will meet in the gym. Sign-up is not required to attend classes.

PLEASE BRING SHOES EVERYDAY.

Week 1: Theme: ***Building a Strong Heart***

Introduction to program
Create participant banners
Discuss how exercise makes your heart stronger
Physical Activity Game

Week 2: Theme: ***Building Strong Lungs***

Discuss the importance of our lungs and why smoking is bad for you
Physical Activity Game

Week 3: Theme: ***Building Strong Bones***

Discuss how we can build strong bones – Got milk?
Physical Activity Game

Week 4: Theme: ***Building Strong Muscles***

Discuss how being active and active, physical playing helps to build strong muscles
Physical Activity Game

Week 5: Theme: ***The Importance of Being Flexible***

Discuss how stretching helps to keep the body strong and flexible
Learn Yoga “Sun Salutation”
Physical Activity Game

Week 6: Theme: ***You are what you eat – The importance of eating healthy***

Discuss the importance of eating healthy snacks and food
Physical Activity Game
Making a healthy snack

Week 7: Theme: ***Surprise Activity Day...bring shoes, pack a swimsuit, and bring a towel all week!!!***

Discuss more fun things to do at the Y – swim and more!
Review all body systems and healthy activities



KIDS ARE FIT™

We build strong kids, strong families, strong communities.