

# Grove City YMCA

## Y Kids Are Fit Program

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

**YKIDS ARE FIT™**  
We build strong kids, strong families, strong communities.