

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.



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Grove City YMCA 871-9622

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June 7, 2010 - August 1, 2010

Registration begins: Metro Members - May 15, 2010

Program Members - May 22, 2010

Class	\$ FEES		Code	Su	Mo	Tu	We	Thr	Fr	Sa
	M	P*								
Leaders Club	10	10	750			6-7p				
Iron Teens	22	N/A	710A	1:00-1:45PM						
Iron Teens	22	N/A	710B							9:30-10:15AM
Youth										
YKids Are Fit	free				5:00-6:00PM	5:00-6:00PM	5:00-6:00PM	5:00-6:00PM		

Leaders Club (Ages 11-17)

Leaders Club provides teens with the opportunity to develop leadership skills and promotes the community involvement of club members. Leaders Club members hold office, participate in ceremonies, attend rallies and events, facilitate volunteer projects, and attend weekly meetings.

Iron Teens (Ages 11-15)

Teens will learn how to safely use the cardiovascular and strength training equipment, how to properly exercise and how to structure a workout routine. 100% attendance and completion of class is required to use the fitness center without a parent or guardian. Participants must be 11 years of age at beginning of class.

Ykids are Fit (Ages 6-11)

A free 7 week health and physical education program that provides youth an opportunity to be physically active in a fun, social environment. Participants are asked to wear athletic shoes. Registration is not required.

M = YMCA Metropolitan Member P* = YMCA Program Member (must have active Program Membership)
FREE = Free for Metropolitan Members

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
 Judeo-Christian principles that build a healthy spirit, mind and body.