



# Kid Fit Summer 2010

## S.K.I.P.

Skills for Kids and Interactive Play. This 1 week program will cover fundamental motor pattern activities designed to enhance sports skills, core strength, balance and flexibility

**June 7 - June 11**

**12 noon - 1 pm**

**K - Second Grade**

**June 21 - June 25**

**12 noon - 1 pm**

**Third - Fifth Grade**

## Operation Fit Kid

Operation Fit Kid is designed around education and physical activity. Kids learn ways to feel good in body and mind by making healthy food choices and learning fun ways to do physical activity.

**July 19 - July 24**

**12 noon - 1 pm**

**Third - Sixth Grade**

*All Classes Instructed by Donna McClellan*

**Cost: \$45 member/\$65 non-member**