

Kids Fitness

Fitness and Nutrition (F.A.N) Club

Fitness Adventure

[Click here for full program information](#)

Help your child to increase their physical activity and improve their overall health. This program incorporates a variety of games and fitness activities including: gym games, climbing wall, tag games, and water exercises.

The six week program follows our regular program schedule. New sessions begin April 20th

Cost: \$5 for Members \$10 Non YMCA Members

Tuesdays and Thursdays 4:30 - 5:30 PM