



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

KEEPING KIDS ACTIVE ONE CLASS AT A TIME

KIDS FITNESS



Kids Fitness is a fun and interactive way to build kids confidence in themselves, and working with others. They play basketball, musical chairs, dance, have scavenger hunts, swim, and so much more.

When: Tuesday 3:50-4:40

Who: Kids aged 4-8

Where: Group Exercise Studio/Outside

Instructor: Miss Randy

**INDIAN VALLEY FAMILY YMCA
11 PINNEY STREET, ELLINGTON, CT 06029**

www.ghymca.org

860 871 0008