



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



Super Kids

For kids and families looking for a healthier lifestyle

Super Kids is a fun and interactive program that gets kids aged 7-14 active and informed to make healthy choices for life. The program is geared around the child so the kids feel supported in their health and fitness choices. The program will run for 6 months and children are welcome to join at any time as long as there is space available.

The program consists of age appropriate activities meant to teach the importance and benefits of staying active.

These activities can include:

- games
- strength training
- cardiovascular workouts
- stretching

There is also a nutrition lesson taught once monthly with interactive activities to keep the kids engaged.

The program runs from **October 2021 through March 2022.**

Class meets **Twice a week on Monday and Wednesdays from 6:30-7:15pm**

Two ways to register:

Join Super Kids for \$50 and receive a family membership for 3 months (length of program). The three month membership begins with registration and remains active as long as the child maintains 80% attendance in program sessions (parents need to attend twice a month minimum). The family and child must attend three months of the Super Kids Program to receive an additional three months membership at no extra cost. Total membership is 6 months for \$50 if attendance requirements are met.

Already a member?

Pay just \$10 per month per child
Attendance is encouraged but not mandatory

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Contact Heather Wright at hwright@marionfamilyymca.org for more information