



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S NOT JUST KID STUFF

YOUTH FIT FOR LIFE™ Instilling healthy behaviors in our youth

Youth Fit for Life™ is a physical activity and healthy behaviors program specifically designed for elementary-aged children. Through an assortment of team building, life-skills exercises and physical activities that help build strength, endurance and flexibility, children will have fun developing healthy habits that will last a lifetime.

YFFL & Home School PE Kick-Off

Register: August 8 – August 19 (Members)
August 20 – September 1 (Nonmembers)

Program: September 12- November 17 (1st Semester)
January 3, 2012 – June 7, 2012 (2nd Semester)

Meetings: Tuesday, Wednesday, Thursday
1:00 – 2:00pm

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|---------------|------------|--------------------------|--------------------------|
| Price: | | 1 st semester | 2 nd semester |
| | Members | \$60/child | \$90/child |
| | Nonmembers | \$105/child | \$135/child |

Ages: 5 – 13 years

Sample nutrition lessons include:

- Preparing for Physical Activity
- Fuel for Fitness
- Beating Fast Food
- Healthy Goal Setting
- Heart Healthy Snacking



FirstCoastYMCA.org

Williams Family YMCA
Shelley Zawatsky,
Program Coordinator
904.292.1660
szawatsky@firstcoastymca.org