



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

# THE Y KIDS FITNESS PROGRAM

Here at the Y, we believe that kids should be involved with positive exercise and fitness activities—to learn the importance of being active and developing healthy habits—from an early age.

The Y Kids Fitness Program (recommended for kids in grades K-6) puts kids in charge of their own physical fitness and well-being, while educating and empowering them to make healthy choices that last throughout a lifetime. Youth can become physically stronger, have more endurance, and experience a sense of joy and fun through participation.

The Y Kids Fitness classes will instill healthier habits and a fun approach to physical activity, setting youth on a better path to become confident kids today and healthier, happier grown-ups tomorrow.

## QUESTIONS?

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## CLASS ATTENDANCE

There is no need to register... just show up! Classes are free for members with Premium Memberships. Those with Basic Memberships can upgrade to Premium and attend unlimited classes for just \$10 per month.

**NOT A MEMBER? NOT A PROBLEM!** Pay \$5 per class to attend or purchase a 10-visit punchcard for \$50.

## MARCH CLASS SCHEDULE

Classes are held in the gym. Participants must wear sneakers.

MONDAYS		WEDNESDAYS	
		March 1 4:30–5:30 p.m.	Bootcamp
March 6 5:30–6:30 p.m.	Running Machine	March 8 4:30–5:30 p.m.	Cardio Kick/It's A HIIT!
March 13 5:30–6:30 p.m.	Super Kids Run Club	March 15 4:30–5:30 p.m.	Train Like A Ninja
March 20 5:30–6:30 p.m.	Super Kids Run Club	March 22 4:30–5:30 p.m.	Hockey Hot Shots
Starting March 13, Monday classes transition to a nine-week training program to prepare kids to run the Y Run 5K or Super Kids 1K on May 20.		Classes will not be held on March 27 and 29 due to spring break.	



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## CLASS DESCRIPTIONS

**BALANCE BUDDIES** - Using bosus, kids take part in a series of fun exercises and games that focus on balance and coordination.

**BOOTCAMP** - The Y Drill Sergeants put youth to the test with stations that keep kids in constant motion and work their entire body. The challenges change up to keep interest and energy peaked.

**CARDIO KICK** - Kids will kick and punch their way to get in a good cardio workout. Kickboxing techniques will exercise and tone for fitness and fun.

**DRIBBLE DRILLS** - Kids keep busy on the court as they bounce, dribble, pass and shoot in this basketball skills and drills class.

**IT'S A HIIT!** - This high intensity interval training combines quick workouts with short rest periods for the ultimate cardio class.

**HOCKEY HOT SHOTS** - Shoot and score! Kids hone their hand-eye coordination, and increase strength and balance.

**NERF FRENZY** - Kids dart, run and dive through obstacles for an exciting cardio workout, armed with Nerf items to deter competitors.

**POUND TO SOUND** - This fun, calorie-burning stability drumming workout will bring out the inner drummer set to popular hit music for pounding out energy.

**PUMPED UP P.E.** - Everyone's favorite P.E. games and sports keep kids entertained and moving.

**RUNNING MACHINE** - Relay games and track sports keep kids running to build speed and stamina, while promoting friendly competition.

**AQUA SPLASH** - Get fit—aqua style! This water exercise class will rotate shallow water, safe resistance weight training and running, mixed with some dryland workouts, for pool fun and fitness.

**TRAIN LIKE A NINJA** - Ninjas are stealth, strong, flexible and fast. Participants are pushed through a workout that exercises their body and mind to train like warriors.

**ZUMBA** - Zumba isn't a class; it's an energy-driven fiesta! Kids have so much fun moving to the music, they don't realize they are exercising as they learn the Merengue, Salsa, Cumbia and more.