



Hey Kids! Get out and have some Fun with Fitness!

What is Fun & Fitness?

It's an action packed one-hour twice a week where kids learn some fun fitness activities and learn about different track and field events from local coaches and athletes.

Who's it For?

1. Kids 5 years and up who are not involved with organized sports but want some fun and healthy activity.
2. Kids who are involved with organized sports but want some additional on or off season conditioning while having fun.
3. Kids who want some basic introduction to Track and Field so they're prepared to participate in Spring School track meets, Oregon Track Club Summer All-Comer's Meets, Track City Track Club programs.

Tell Me More!

It's a series of 1-hour fitness clinics from April-August. The first 30 minutes is dedicated to fun-themed general fitness activity led by a qualified fitness director. The second 30 minutes is time that kids will participate in one of two track and field events with an event leader who is either a collegiate or post collegiate elite athlete or qualified coach.

When is it?

2 Sessions

Session 1: Mon & Wed-- April 6-May 13

Session 2: Mon & Wed-- May 18 – June 24

How Much and How do I sign Up?

\$30.00 per Session. Includes T-Shirt and Entry to All Comer Meets. Sign up at www.kidsports.org or call KidsSports at (541) 683-2374