



## **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 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, the Olympic Trials All-Comer's meet, Oregon Track Club Summer All-Comer's Meets, Club Track 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 lead 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?**

**3 Sessions**

**Session 1: Mon & Wed-- April 21-May21**

**Session 2: Mon & Wed-- May 28<sup>th</sup> (Wed Start) – June 25<sup>th</sup>**

**Session 3: Mon with Wed at All-Comer Meets-- July 14th Aug 13th**

### **How Much and How do I sign Up?**

**\$20 per Session. Includes T-Shirt and Entry to All Comer Meets.**

**Sign up at [kidsports.org](http://kidsports.org) or call KidsSports at (541) 683-2374**