



KIDZ CLUB FITNESS!

Ages: K-5th Graders

Days: Thursdays

Dates:

September: Ultimate Frisbee

October: Flag Football

Nov/Dec: Volleyball

January: Basketball

February: Pickle ball

March: Weight Training

Times:

1:30pm-2:30pm, Kindergarten

3:30pm-4:30pm, 1-5grade

Fee: \$37

Residents: \$32

Location: Rideout Community Center

Instructors: Recreation Dept. Staff



With declining school budgets, KIDZ Club is offering a break-out physical education component that will stimulate your child and help fight obesity.

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