

YWCA ISON A MISSION

eliminating racism
empowering women

ywca

YWCA Fit Kids

Days: June 5th – August 11th

Time: Monday – Friday

- 5-8 yrs: 2pm – 3:45pm
- 9-12 yrs: 4:15pm – 6pm

Cost: FREE!

Have you ever wondered how it would feel to partake in an Olympic event? If so, now's your chance! The YWCA Fit Kids camp offers fun, engaging, and interactive activities centered around the Olympics. Some of the events that the kids will be involved in are sprints, long jump, shot put, and many more! Not only will your child be active when they are with us but they will also learn about the Olympic events themselves and where they stack up against actual Olympic athletes. In addition, kids who are in the age group 9-12 years of age will be placed into a senior assignment from SIUE. This senior assignment will provide more fun activities as well as information about nutrition and cognitive ability. For more information please contact the YWCA at (618)-465-7774. The YWCA of Alton is located at 304 E. Third St. Alton, IL.

