

FIT KIDZ CLUB

ACTIVE KIDS DO BETTER!



Fit Kidz Club is a fun and active after-school program where kids stay moving, build confidence, make friends, and enjoy sports, fitness challenges, and group games in a positive YMCA environment.



GRADES:

1st–7th Grade
(Split into grade appropriate groups)



DAYS:

Tuesday,
Wednesday &
Thursday



TIME:

3:45–5:00 PM



PRICING:

MEMBERS:
\$30/week

COMMUNITY PARTICIPANTS:
\$40/week



FORMAT:

6-Week
Pilot Session



START DATE:

October 6th

END DATE:

November 12th

EACH DAY INCLUDES:



Sports & skill-building



Fitness challenges



Team games & recreation



Positive mentorship & fun



Snack each day included

WEEKLY THEMES:



TUESDAY: SPORTS DAY

Basketball, soccer, volleyball, flag football & more



WEDNESDAY: CHALLENGE DAY

Speed & agility, relays, obstacle courses



THURSDAY: GAME DAY

Capture the flag, kickball, team games & tournaments

WHY FAMILIES WILL LOVE IT:



Safe, supervised after-school activity



Keeps kids active and engaged



Builds confidence and friendships



A fun alternative to screen time



Transportation from school to the YMCA is available.



Financial assistance may be available.



FOR MORE INFORMATION, CONTACT:
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KEARNEY FAMILY YMCA



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