

The PHD children's program means

Fitness is FUN!



REGISTER YOUR KIDS AGE 5-10 TODAY!

Partners in play

We believe that good health starts at a young age – that's why we're expanding the PHD children's fitness program to 19 YMCA locations for 2010-2011! The Physical, Healthy and Driven (PHD) fitness program motivates kids to become more physically active while increasing their overall health through fun, high-energy activities that focus on heart health, strength, coordination and flexibility.

Getting fit is fun – register your child today – no membership necessary. Each child that completes the seven-week program will receive fun prizes. Plus, we'll send home a wellness newsletter that the whole family can enjoy! Get your kids started on healthy habits that will last a lifetime.

Register today—
space is limited, so call now to reserve your child's spot. To register, please go to www.ymcatwincities.org or call the YMCA at 612-230-9622.

A fun-filled program!

> **Program dates:**

Fall I: September 14 - October 22, 2010

Fall II: November 2 - December 16, 2010

Winter I: January 11 - February 24, 2011

Winter II: March 1 - April 14, 2011

Spring: April 19 - June 2, 2011

> **Program times:** Tuesday and Thursday nights from 6:00 p.m. to 7:00 p.m.

> **Eligibility:** Open to kids age 5 to 10.

> **Locations:** 19 YMCAs in the greater Twin Cities metro area, Hastings and western Wisconsin – call or check the web to learn about your YMCA's participation.

> **Cost:** \$50 for YMCA members, \$66 for non-members.

** Parents/Guardians are asked to stay in the YMCA facility during the program. The YMCA will provide a 7-time guest pass for parents/guardians who wish to work out during the PHD session. Please note that all YMCA guests over the age of 16 must show a photo ID upon entry. Talk to a Membership Sales Advisor to get your 7-time workout pass.

