

**AGES:
6-12**

YOUTH SPORTS & FITNESS

All types of sports will be learned and played to increase health and wellness in youth. A fitness regime will be developed for youth of this age to better develop muscles and cardio fitness. This class is perfect for home school health and fitness classes.

WHEN: Tuesday afternoons
November 3rd – December 22nd
January 5th – May 25th

TIME: 1:30 p.m. - 3:00 p.m.

AGES: 6 – 12 Years

FEE: \$25/month (4 weeks)

WHERE: The Station Recreation Center Gymnasium

REGISTRATION: By the first Tuesday of each month, 30 maximum

TO REGISTER: www.cityofmoore.com/fun

For more information call Moore Parks
& Recreation at (405) 793-5090

