

Girls on the Go



Boys on the Go

Girls on the Go and **Boys on the Go** are fun-filled, self-paced programs that provide a guided approach to help improve routine physical activity and fitness levels in kids! The program also includes practical ways for young girls and boys to eat a balanced diet.

These programs are fun, interactive, and emphasize positive self-esteem!

Enrollment is limited. The next session begins soon! Cost is \$20 per session. Scholarships are available. Call NOW to register!



Description

Classes meet one time each week and include thirty-minutes of interactive learning on nutrition and sixty-minutes of coach led group exercise. Experience our Virtual Gym, Rock Climbing, water activities, and much more! Open to boys and girls ages 8-14 years old.

Fall I

Girls on the Go	Monday	5:00-6:30 pm	September 13 th – October 25 th
Boys on the Go	Wednesday	5:00-6:30 pm	September 8 th – October 27 th

Fall II

Girls on the Go	Monday	5:00-6:30 pm	November 1 st – December 13 th
Boys on the Go	Wednesday	5:00-6:30 pm	November 3 rd – December 15 th

Contact Karen Gagliastre for more information 508-755-6101 x 287 or kgagliastre@ymcaofcm.org

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