

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.

Winter

Girls on the Go
Boys on the Go

Monday
Wednesday

5:00-6:30 pm
5:00-6:30 pm

May 3rd – June 14th
May 5th – June 16th

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

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