

Fit Kids - Fitness fun for ALL

6 week sessions are offered 3 times per year for each age group
Ages 8 to 14 and Ages 15 to 22



Exciting new fitness classes conducted by a Physical Therapist. All exercises and activities are specifically individualized to each participant.

Activities are fun and socially interactive, focusing upon:

- Strengthening activities
- Stretches for all major muscle groups
- Eye-hand and eye-foot coordination
- Motor planning
- Cardio-respiratory fitness

This program is designed for:

- Children between the ages of 8 and 14, and ages 15 to 22
- Children who are independently ambulatory (including assistive devices) with special needs, and who are able to follow 2-step directions
- Children requiring one-on-one assistance will need to bring an adult to facilitate participation

Classes for ages 8 to 14 will meet Mondays and Wednesdays for one hour. The classes will run for 6 weeks from October 3rd to November 9th, 2011.

Classes for ages 15 to 22 will start the 2nd week of January, 2012. Class days to be determined.

The cost is \$125 for the 6-week course, 12 sessions.

Classes meet at UCP Life Without Limits Pediatric Center
980 Roosevelt, Suite 100
Irvine, CA 92620

Contact Angie at (949) 333-6408 for more information or to register. Instructors will evaluate students prior to the first class to determine placement.