

Youth Sports

Instructional Programs

Kids Fit

This is a perfect class for boys and girls who want to move their bodies and have fun. We will do a warm-up & stretching and fitness stations. We will work in pairs and in teams to increase cardiovascular fitness and flexibility.

Eligibility: Ages 8-12 years

Dates: *Registration opens November 5th to November 19th*
Mondays
November 19th, 26th
December 3rd, 10th

Time: 4:15-4:45pm

Cost: \$28.00 (4 classes)

Location: Lee Area Gym

Instructor: Kate Wender

Attire: Comfortable clothes with non-slip shoes.



Please note: A parent or designated guardian is required to remain on-site with their child or children during the instructional sport.

All Students must have a CURRENT CYS Membership on file at Parent Central before registering for class.

Registration may be done on Webtrac: webtrac.mwr.army.mil/webtrac/westpointcys.html

A Webtrac ID can be obtained by contacting Parent Central.

As per the Department of Army Fee guidance, refunds are not authorized for withdrawal from a Instructional Program.



West Point Child & Youth Services

Instructional Program, 938-3208
Parent Central, 938-0939/3969

