

# FUNDAMENTAL

"FUNdamental FITness has given my son the opportunities to develop his coordination and fitness skills, in a cooperative environment. My son enjoys the games and activities. What a great way to stay active!"-Tara, parent

# FITNESS

## AFTER SCHOOL PROGRAM

"I like it because it's fun. I really like the games."-Logan, participant

Learn new games, meet new friends, practice creativity, and learn personal fitness basics in a safe and encouraging atmosphere. This is not just an adult fitness program taught to kids; Fundamental Fitness is specifically designed by certified Youth Fitness Specialist Jon Kahney. Jon is also a Certified Physical Education teacher and Certified Personal Trainer. Childhood obesity is an epidemic in this country, especially in the Midwest. The Skokie Park District is leading the way in providing specialized programming to educate both kids and their parents about healthy choices.



"I like going to Fundamental Fitness because we get to play lots of games and it keeps you moving." - Mackenzie, participant

**Who:** Grades 3-8  
**When:** Feb 11-Mar 14  
Monday/Wednesday  
or  
Tuesday/Thursday  
4-5 pm

**Where:** Oakton Community Center  
**Cost:** \$100 for two days *or* \$180 for all four days

For additional information or to reserve a space in the program, please call Jon Kahney at (773) 610-9722.

Make checks payable to Skokie Park District