



Healing Hearts fitness and socialization programs

Boot Camp for Kids

This program offers participants an opportunity to develop basic coordination skills such as: jumping rope, jumping jacks, skipping, push-ups and more. Participants will be engaged in high energy fitness activities that are geared toward all ability levels, with an emphasis on personal development. The instructor Kevin McKelvy fosters an encouraging, supportive peer culture to enable high levels of motivation.

Where: Family Fitness, 48 Union street

When: January 9th - March 26th

Day: Monday

Ages: 13-16, 4 -4:45PM

Ages: 7-12, 5:00 - 5:45 PM

Fee: \$130.00 per child for 8 classes Instructor: Kevin McKelvy

Registration: online at www.healingheartscenter.org or on site.

For more information Phone: 203-355-9395

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Todd- kidconnections@gmail.com



Off of rt106 in Glenbrook.

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Siblings
participate
free when
one signs up