



Kidz Club Fitness



Join us in a break-out physical education component to our recreation based afterschool program. This program will focus on the importance of living a healthy lifestyle and what baby steps in fitness can do to the body. Each session will be based around a sport in which fitness and nutrition will be part of the core program.

This program is an enrichment component for participants in Kidz Club. A punch card or daily drop in must be paid in order to register.

Day and Times:

Thursdays from 3:30-4:30

- Nov/Dec – Volleyball
- January – Soccer
- February – Football
- March - Basketball

\$32 per session

Program will be held at Rideout Community Center. TTUSD provides transportation from all schools in Tahoe City and Kings Beach