

FIT KIDS Schedule	<i>July 4th</i>	<i>July 5th</i>	<i>July 6th</i>	<i>July 7th</i>	<i>July 8th</i>
8:00 am - 9:00am	Free Play	Free Play	Free Play	Free Play	Free Play
9:00am- 10:30am (Movement Activities)	Warm Up/Orientation	Warm Up	Warm Up	Warm Up	Warm Up
10:45am - 12:30 p.m. (Skill- Builders)	Catching, Throwing, & Dribbling	Hopping, Skipping, & Jumping	Running, Kicking, & Striking	Dodge, Roll, & Balance	A Little Bit of Everything!
1:00pm- 2:30pm (Building Blocks)	Relay Races	Skating	Swimming & Soccer	Inline Skating & Martial Arts	Kid Zone Bouncers
2:45pm- 4:00pm (Team Games)	Basketball	Gymnastics			
4:00pm - 5:00pm	Daily Recap & Free Play	Daily Recap & Free Play	Daily Recap & Free Play	Daily Recap & Free Play	Daily Recap & Free Play