

# YOUTH FITNESS CHALLENGE 2ND-5TH GRADE

Are you up for the challenge? The Youth Fitness Challenge is a fun and interactive after school 6 week fitness and nutrition challenge that will begin on January 30, 2017. Our goal is to challenge our youth to become more physically active and provide nutrition education. We plan to present many exciting activities such as rock climbing, kayaking, paddle boarding, hiking outdoors, basic weightlifting, sports and a variety of other recreational activities.

## YOUTH PARTICIPANT QUALIFICATIONS

- 2nd-5th Grade Wythe or Bland County Schools
- Able to attend Exercise on Mondays and Wednesdays from 4:15 p.m.-5:15 p.m.
- Able to attend Nutrition Class on Tuesdays from 4:15 p.m.-5:15 p.m.
- Must have transportation to and from Wytheville Community Center
- Must have a parent or guardian willing to participate in three nutrition classes
- Previous Youth Fitness Challenge Participants of 2015 or earlier are eligible to participate



[rec.wytheville.org](http://rec.wytheville.org)



## APPLICATION MEETINGS

Application Meeting I:  
**Thursday, January 11,  
6:00 p.m.**

Application Meeting II:  
**Saturday, January 14,  
11:00 a.m.**

Location: Wytheville  
Community Center

Program Fee: **FREE**  
2 Month Family Gold  
Pass Plan Provided\*\*

Min 10 – Max 20

Registration:  
(276) 223-3378 for  
more information and  
to register.



\*\*Free Family Gold Pass plan  
unless you already have one.  
Bronze and Silver will be upgraded  
to gold for the 3 month period.