

3:30 Fit Club

Join this free program and get a free membership for the year!

The 3:30 Fit Club is a 6 week program for 6th grade students who want to have fun and be active afterschool. Participating in this program will help students burn off extra energy, tone and tighten muscles, and learn about living a healthy lifestyle. After completing a session of the 3:30 Fit Club, students receive a free membership to the Y for one year!

Session 1:
October 2 - November 8, 2018

Tuesday or Thursday
3:30pm-4:45pm

Session 2:
November 13- December 20

Tuesday or Thursday
3:30pm-4:45pm

Sign up and return form to the Y.

This program is also known as the Middle School Health and Wellness Project.

For more information call Dennis at the Family Y,
507-373-8228.



Albert Lea Area schools is not sponsoring, endorsing or recommending the activities an-