



## **WASHINGTON TWP POLICE**

### **KIDFIT CHALLENGE**

KidFit Challenge is a police youth outreach program that provides unique strength and conditioning batteries to assist kids to grow up healthy and strong. These workouts are enjoyable and will avoid common problems associated with childhood inactivity and obesity.

Our program delivers a fitness that is natural by design. We will not specialize in any one component of fitness. A healthy lifestyle requires that our kids push, pull, run, throw, climb, lift, jump, effectively and safely regardless of whether or not they play sports. Sports is a specialized interest. Our goal is to support the specialist, but reward the generalist.

The program is designed for all fitness levels which makes it applicable for any committed individual regardless of experience. These workouts are used both for kids and adults with a modification to load and intensity. In addition to physical fitness, this program will instill important principles, teamwork and respect. The Washington Township Police Department is committed to supporting our youth through a healthy lifestyle.

**Date:** April 2 – May 28, Tuesday and Thursdays only

**Time:** 6pm -7pm

**Location:** Community Activity Center and/or WTHS Complex

**Cost:** \$45 (t-shirt & water bottle, insurance, parks and recreation fee)

**Deadline:** Must be registered no later than March 24, 2009

NOTE: These classes will be limited to 25 participants but we must have a minimum 15 participants to run program. The age range for boys and girls will be from 7-13 years old. Applicants will register through Washington Township Parks & Recreation. A medical waiver must be completed by participant's physician. Any questions regarding KidFit Challenge, please contact Sgt. Bill Lee, Ofc. Joe Russo, or Ofc. Dan Spataro at phone# 589-8594. Also, our program is posted on our department website at [www.washingtontwppolice.org](http://www.washingtontwppolice.org).