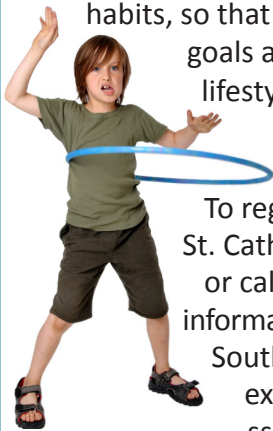


Y Fit Kids is a physical activity, nutrition and lifestyle program for children and youth ages 6-12 and their families. This program helps families target changes in nutrition and activity. It focuses on the underlying factors that contribute to a child or youth's unhealthy lifestyle.

Developed in partnership with a Registered Dietitian, **Y Fit Kids** introduces children/youth and their parents to physical activity while also providing knowledge and developing skills on nutrition and lifestyle. Parent/guardian participation is strongly encouraged.



Families will meet with a member of the YMCA wellness team for a private intake interview to help develop family goals and a care plan. Over a 6-week program, families will be lead through a variety of activities designed to build healthy habits, so that they can reach their own goals and live an overall healthy lifestyle.



Registration is required.

To register please visit the St. Catharines Walker Family YMCA or call 905-934-9622. For more information please contact Sally Jane Southern-Grice at 905-934-9755 ext. 227 or email ssouthern@ymcaofniagara.ca.



Program Schedule:

Start any time for a six-week program.

Registration is required.

Tuesdays 6:00 - 7:30 pm Registered Dietitian & Activity components

Thursdays 6:00 - 7:00 pm Activity components

Cost:

\$25 plus tax for 1 child families

\$35 plus tax for 2 or more children families

(Financial Assistance is available.)



Frequently Asked Questions

Does the program work?

Research has shown that when families participate together, there is an improvement in weight, self-esteem, eating habits and exercise. Progress varies depending on how committed the child and family are to change.

Is this a weight management program?

Children come in all sizes and shapes. The intent of this program is to teach, motivate, coach and inspire good choices that lead to a healthy lifestyle and healthy body.

Is there a diet?

The YMCA supports a balanced approach to food intake based on Canada's Food Guide to Healthy Eating. Our Registered Dietitian will help families learn how to select healthier foods and will cover topics like:

- How to choose and prepare healthy meals
- Food groups and portion sizes
- Snacking and eating out
- Energy in and energy out

Is there exercise?

Our focus is to promote all types of physical activity to get kids and families moving together. Activity will include some recreational play activities and other initiatives – all which are age appropriate and based on the group's interest.

The Y Fit Kids Program was amazing! – “You transformed our family’s fitness and nutritional thinking completely around. Instead of making fitness a chore, my daughter and I discovered that exercise and fun can go together. I would highly recommend the Y Fit program to Moms and Dads who want to help their children learn to lead healthy and active lives in a fun environment led by professional and dedicated instructors.” M & S Beatty, Y Fit Kids Program participants

"I like the activities at Y Fit Kids. I learned about nutrition, how to read labels and portion sizes. The best part of Y Fit Kids is that my Mom plays and learns with me!"
Faith Dunkley, Y Fit Kids participant

YMCA Healthy Kids Centre



Facility Features:

State of the art equipment and building design, all specially designed to create a safe, comfortable and fun environment to learn about physical activity, nutrition and healthy lifestyle choices.

YMCA Healthy Kids Centre includes:

- Silhouette room
- Healthy Living Orienteering course
- Traversing wall
- Dance Pads and Wii Fit
- Activity Floor
- Growing gardens
- Healthy Eating Kitchen
- Outdoor play space

Mission

The YMCA of Niagara is a charity, open to all, providing leadership and opportunities for people and their community to grow in spirit, mind and body.

YMCA Core Values

The YMCA Core Values are Caring, Honesty, Responsibility, Respect, Inclusiveness and Health. All YMCA programs are guided by YMCA values and are carefully designed to support and challenge participants to develop self-esteem, self confidence and other positive lifestyle skills.

YMCA Privacy Commitment

As a charitable, community based association, the YMCA of Niagara is committed to protecting your right to privacy. The personal information you share with the YMCA is used to support the work of the YMCA. For further information on the YMCA's privacy commitment, please refer to our website www.ymcaofniagara.org or the privacy brochure available at all sites.

Financial Assistance

The YMCA is open to all. No one is denied access because of inability to pay. To arrange a confidential appointment for Membership Assistance please contact Sally Southern-Grice. Applicants will be asked to provide documentation of personal income and expenses. Membership financial assistance is, in part, made possible through the generous contributions of YMCA friends through our Strong Kids annual support campaign.

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FOUNDATION



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Y Fit Kids

A Family-Centered Approach to Physical Activity, Nutrition and Healthy Choices



YMCA of Niagara
We build strong kids,
strong families, strong communities.

YMCA Healthy Kids Centre

360 Niagara Street
St. Catharines