

Mondays 3:15-4:45pm
Wednesdays 3:15-5pm



FuEL

Fun, Exercise, and Learning

Mondays & Wednesdays, March 22—May 5
(no class for the week of April 19)

Open to ALL students in grade 5-8

Looking for a healthy after school activity? Have fun while learning about healthy eating and physical activity. Sponsored by Mid Coast Hospital, the FuEL program at the Bath Area Family YMCA provides information and activities designed to develop and/or refine healthy habits for students and their families.

General Schedule:

Mondays

3:15-4:00pm Special Activity
4:00-4:45pm Snack & Nutrition

Wednesdays

3:15-4:00pm Special Activity
4:00-4:30pm Snack & Nutrition
4:30-5:00pm Healthy Family Tips



Each student will receive a **FREE 3-month Youth Membership** after completing the class; and will have use of the YMCA facility for the duration of the program.

Fee: \$30.00, financial assistance is available.

Parents are encouraged to join in the fun, but are required to participate in the **Healthy Family Tips** meetings on Wednesdays 4:30-5:00pm.

For more information, contact Kevin Shute, kevin@bathymca.org, 443-4112x22

Special Activities

March 22 & 24
Ultimate Frisbee

March 29 & 31
Obstacle Course

April 5 & 7
Hiking Whiskeag Trail

April 12 & 14
Mini Olympics

April 26 & 28
Climbing Wall

May 3 & 5
Zumba



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We build strong kids,
strong families, strong communities.