



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Get Going Kids

(ages 6 - 12)

Children under 6 may attend with parent or guardian participating.

**Afterschool physical fitness program  
designed to get kids moving  
and learning more about health and fitness.  
Each day will have a different theme.**

**FREE CLASSES  
TO Y-MEMBERS**

**Monday - Friday  
3:30 - 4:30 pm  
Free to Y-Members  
YMCA Fun Zone or Gym**

For more information,  
Michelle Horn, Healthy Lifestyles Associate  
(541)440-9622 ext 210

**Central Douglas County Family YMCA**

1151 Stewart Parkway, Roseburg, OR 97471  
(541) 440-9622 [www.ymcaofdouglascounty.org](http://www.ymcaofdouglascounty.org)

