

FIT TO BE A KID!

The **WELLNESS CONNECTION** offers a several opportunities for children. Visit **OCH.ORG** and click on our button to learn more about the following and many other resources available!

Our **KIDS FITNESS PROGRAM** is offered periodically throughout the year and incorporates a variety of fun activities to improve endurance, strength, coordination, flexibility and overall well-being. This fun and affordable program not only enhances health, but can also benefit athletic performance. Classes meet for 45 minutes, twice per week for six weeks and are led by certified trainers.

KIDS' CAMP is offered several times during the summer. This Monday thru Thursday day camp is packed with activities kids enjoy, such as arts and crafts and games, as well as swimming, relay races and other types of interactive exercise! This program is tons of fun and filled with lots of smiles. It's a great time for all who participate!

The Wellness Connection also offers **GROUP & PRIVATE SWIM LESSONS** taught by American Red Cross Swim Instructors. Lessons are available for all ages and levels and are designed to be fun while emphasizing proper technique and water safety.

In addition, as a special perk for Wellness Connection members only, we offer **FAMILY SWIM**. This two-hour, Saturday session is specifically for our members and their children or grandchildren to enjoy fun-filled, free time in the pool while a lifeguard is on duty.

Our **PARENT AND TOT CLASSES** provide an opportunity for parents and toddlers to workout together in a playful exercise class with fun music. There isn't a minimum age for children; the only requirement is that an infant be able to hold his head up by himself.

INDIVIDUALIZED EXERCISE SESSIONS are also available to be booked for members' children in need of one-on-one exercise instruction. These sessions are only offered for kids age 8-14 by physician referral and are restricted to specific times. See the director for details.

All classes at the Wellness Connection are led by well-trained fitness instructors. All of our staff members have degrees in exercise science or a related field and hold certification from organizations such as the Aerobic Fitness Association of America, American College of Sports Medicine and IDEA Health & Fitness Association.



Additional information about our staff, facilities and programming may be obtained online at och.org or by calling

323- WELL (9355).



OCHHealthPlex
Wellness Connection

