






# BAPTIST HEALTH

## FAMILY FITNESS

# Children's Program

Monday	Tuesday	Thursday
<p>Time: 4:00 to 5:15  <b>Youth Swim for Fitness</b>            Ages:8-14 must be able to Swim 25 Yards to Participate</p>		<p>Time: 4:00 to 5:15  <b>Youth Swim for Fitness</b>            Ages:8-14 must be able to Swim 25 Yards to Participate</p>
<p>Shaolin-Do Martial Arts            Time: 5:30 to 6:15  <b>Side Kicks</b>            Beginners 7-12</p>	<p><b>Tumbling</b>            Time: 6:30 to 7:15            (Ages 4-13)</p> 	<p>Shaolin-Do Martial Arts            Time: 5:30 to 6:15  <b>Side Kicks</b>            Beginners 7-12</p>
<p>Time 6:15 to7:30            Side Kicks- Level 2-5  <b>Shaolin-Do Martial Arts</b></p>		<p>Time 6:15 to7:30            Side Kicks- Level 2-5  <b>Shaolin-Do Martial Arts</b></p>



**Accepting Challenges Together Successfully**

The Children in the **ACTS** Accepting Challenges Together Successfully program are:  
**A**ccepting the "KINDNESS MATTERS" **C**hallenge

**{ I will not use my Hands or words for hurting myself or others. }**

**T**ogether we can be **S**uccessful in taking a  
**STAND AGAINST BULLYING.**