

# Dickinson Parks & Recreation

## Fact Sheet

**Organization: West River Community Center**

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**Activities:** Kids will learn about their muscle groups and the importance of incorporating exercise into their lifestyle while doing fun activities to get their heart rate elevated.

Title/Description/Group Size	Schedule	Cost
Kids Fit (ages 3-5) Kids Fit (ages 6-12)	(Ages 3-5) Wed. / Friday – 9:15 am (Ages 6-12) Wednesday – 4:15 pm	\$1.00/session or WRCC membership

**Joining or signing up:**

Drop-in program, no registration is necessary.

**Getting inside/moving around easily:**

The program location has accessible doors and an elevator to the 2<sup>nd</sup> floor.

**Keeping your child safe:**

Parents of the 3-5 year olds are required to stay during class.  
Instructors are CPR certified.

**Making it work for your child with special needs:**

Staff needs to be informed of what to expect and how they can support your child.

**Making it work for the whole family:**

Parents are expected to stay and watch their children.

**Helping your child fit in and make friends:**

Child should wear comfortable clothes and tennis shoes.