

# Kids on the Move

## Group Session Schedule

**Ages 7-11** **Ages 12-15**

Fitness Center: 518-867-8920

Fax: 518-694-0704

| Monday                             | Tuesday                        | Wednesday                      | Thursday                        | Friday                        | Saturday                 |
|------------------------------------|--------------------------------|--------------------------------|---------------------------------|-------------------------------|--------------------------|
|                                    |                                |                                |                                 |                               | 10am-11am<br>(Age 12-15) |
|                                    | 5pm-6pm<br>(Age 12-15)<br>Cass |                                |                                 | 5pm-6pm<br>(Age 7-11)<br>Kyle |                          |
| 6pm-7pm<br>(Age 7-11)<br>Cassandra |                                | 6pm-7pm<br>(Age 7-11)<br>David | 6pm-7pm<br>(Age 12-15)<br>David |                               |                          |



Rudy A. Ciccotti Family  
Recreation Center