



COMMUNITY WELLNESS

Wellness Programs for Kids!

These programs are open to all kids. **Kids Marathon** participants can earn 1 mile towards their 25 miles for each class attended. Registration required and parents must accompany their children at the kids classes listed below.

Healthy Sport Drinks & Snacks

WED. May 23 (6 – 7 p.m.)

Community Wellness at the Hamilton Area YMCA John K. Rafferty Branch 1315 Whitehorse Mercerville Rd., Hamilton
A dietitian with Princeton Medical Center will share tips to make flavorful fruit-infused water and nutrient-packed snacks so kids compete at their best! For Kids pre-K through 3rd grade.

Kids Can Cook: Breakfast

WED. May 23 (6 – 7 p.m.)

Princeton Fitness & Wellness
1225 State Road, Princeton
Join Beth A. Young, MS, RD, registered dietitian to learn how to make simple and healthy breakfasts. Then kids can sample their final product! For Kids ages 5-13.

Kids Boot Camp

THU. May 24 (6:30 – 7:30 p.m.)

Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch 1315 Whitehorse Mercerville Rd., Hamilton
Gia Petisco, NASM, Group Exercise Instructor at the Hamilton Area YMCA, will lead fun activities that will help kids increase speed, agility, balance, strength and coordination. For Kids 4th through 8th grade.

Grow Your Own Veggie Garden

SUN. June 3 (2 – 3 p.m.)

Green Haven, 1181 Hughes Drive, Hamilton
Expert gardeners will instruct children in planting seeds in containers that they can take home and watch grow!
For Kids ages 6–10.

Kinetic Kids: Kids on the Move

THU. June 7 (5:45 – 6:30 p.m.)

Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch 1315 Whitehorse Mercerville Rd., Hamilton
Join Gia Petisco, NASM, Group Exercise Instructor and Coordinator at the Hamilton Area YMCA, to learn activities that promote coordination, connection, and self-confidence. For Kids pre-K through 3rd grade.

Pilates for Children

SUN. June 10 (2 – 2:45 p.m.)

Princeton Fitness & Wellness, 7 Plainsboro Rd., Plainsboro
Join Kenna Meadow, CPT, BA, pilates certified trainer with Princeton Fitness & Wellness, for this interactive session to build core strength and flexibility. Dress in comfortable clothes and sneakers. For Kids ages 5-13.

Build a Better Snack! Nutrition for Kids

WED. June 13 (6 – 7 p.m.)

Princeton Fitness & Wellness, 1225 State Road, Princeton
Beth A. Young, MS, RD, a registered dietitian, will lead this fun-filled session where kids can make their own tasty, energy-boosting and nutritious snacks, and sample them. For Kids ages 5-13.

Sports Nutrition for Kids

SAT. June 16 (10 – 11 a.m.)

Community Wellness at the Hamilton Area YMCA
John K. Rafferty Branch 1315 Whitehorse Mercerville Rd., Hamilton
Learn the importance of staying hydrated and eating healthy when playing sports and during the off season. A dietitian with Princeton Medical Center will guide kids as they work in the kitchen! For Kids 4th through 8th grade.

Register at www.princetonhcs.org/calendar or call **1.888.897.8979**.