



# KIDS Winter ACTIVITIES



## Kids Cooking in January~

Our classes are fun, safe, and teach kids how to make healthy food choices. Each child will receive their own cooking kit that includes an apron, recipe, an activity and much more. All supplies provided. **Must sign up by Monday, 1/16.**

**Day:** Wednesday

**Time:** 6:00 - 7:00 p.m.

**Date:** 1/18

**Program #** 150403.11

**Ages:** 5 – 11 years

**Location:** Community Room

**Price:** \$15 Members, \$20 Non-Members



## Kids Cooking in February~

Our classes are fun, safe, and teach kids how to make healthy food choices. Each child will receive their own cooking kit that includes an apron, recipe, an activity and much more. All supplies provided. *Valentine's Day theme!*

**Must sign up by Monday, 2/6.**

**Day:** Wednesday

**Time:** 6:00 - 7:00 p.m.

**Date:** 2/8

**Program #** 150403.12

**Ages:** 5 – 11 years

**Location:** Community Room

**Price:** \$15 Members, \$20 Non-Members



## Kids Bootcamp Class~ January

This is a high energy fun filled exercise class for kids. This class strives to increase the overall health and fitness level of children in a fun, safe, positive and motivating environment by utilizing obstacles, partner activities, body weight exercises, resistance bands, circuits and much more. Sign up for the 4 weeks or pay \$6.00 to drop in daily.

**Day(s):** Wednesdays

**Time:** 7:00 p.m.

**Date(s):** 1/4 - 1/25

**Program #** 150608.11

**Ages:** 9 - 13 years

**Location:** Aerobic Room

**Price:** \$15 Members, \$20 Non-Members (4 weeks)

**Instructor:** Brett & Brian



*RiverWinds*  
COMMUNITY CENTER

[riverwinds.org](http://riverwinds.org)

Questions? Contact Mandee Casey at:  
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