

2019 classes

Healthy Ever After for Kids

A nutrition and fitness program
for kids and families

For more information please contact Jamisson Costa,
Regional Program Director, at 310.602.4905 or
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The program promotes healthy lifestyle choices by providing useful information and practical tips through hands-on learning, fun exercises, parent and child activities, and more. These fun, interactive classes on nutrition and fitness will be taught by registered dietitians and YMCA fitness specialists.

Cost: FREE!

For kids aged 7 to 13 and their families; open to all, not just for those seeking weight management. Each child must be accompanied by a parent or guardian.



What

A series of nutrition and fitness classes for kids, ages 7 to 13.



When

Thursdays from 5:30 – 7 pm

Winter I:	January 3 – February 7 (no class on January 24)
Spring I:	April 4 – May 9
Spring II:	May 16 – June 20 (no class May 23)
Summer I:	June 27 – August 1
Fall I:	September 5 – October 10
Fall II:	October 17 – November 14



Where

Torrance-South Bay YMCA
2900 West Sepulveda Blvd.
Torrance



Health Education classes are designed to support health and personal wellness, but are not a substitute for medical care. Always consult your physician regarding your health needs.

