

min. 8 / max	15
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F.A.S.T. (Fitness, Agility, and Speed Training) is a NEW program facilitated by CHS cross country & track athletes and supervised by Youth Services staff that encourages outdoor fun and exercise over the course of 5-weeks this Summer. Kids practice running short and long distance around the Bartlem complex after group warm-ups, relay races and running games at the Yellow House. The group will end the night with a cool-down and a brief mindfulness exercise or meditation activity. Light snack after the nightly run. The last day, 7/24/25 will commence with a mile run.

Daily themes include; Out of this World, Sports Day, Animals Gone Wild, Pirates & Princesses, Magical Creatures

> *Volunteers in grades 8-12 are needed, register online.

6/26 Tournaments & Teamwork 6/27 Foodie Fun Friday

Volunteers in grades 9-12 are needed, register online.

