



Move It! is a FREE program for Middle school kids made possible by a grant from State Farm Insurance & Longmont Recreation Services. Weekday programs are FREE. Middle Schoolers must pre-register; forms are available at Centennial Pool or online at www.ci.longmont.co.us/rec/teen/teen_clubs.htm.

Play it! Join us for day of play! On Play It! days we will play kickball, dodge ball, Capture the Flag or anything else that sounds fun.

Run it! Kids will enjoy running—on the track and along the trails, learning proper technique and setting goals to reach the finish line . . . with a smile!

Bike it! Ride the streets/greenways of Longmont to discover much of what we have to offer. We provide the bikes and helmets!

Try it! Kids will try activities that may be new to them. Outdoor games/sports/rock climbing, kayaking, hiking and other fun adventures.

Make it! Fuelling the body wisely is important to feel good and energized all day. Learn lifelong eating habits as we create and consume healthy nutritious foods together!

Find it! Scavenger hunts, detective work, and community service tied together with mixed media art.

Share It! This is an opportunity for Move It! participants and Family to share an activity on the 4th Saturday of every

Program Hours: 3:30-5:30pm Group gathering 3:30-4pm, Activity 4-5pm, Wrap-up 5-5:30pm
Program Location: Centennial Pool, 1201 Alpine St, unless otherwise noted

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February		1 Play it! Indoor/Outdoor Games	2 Bike it!	3 Try it!	4 Make it! Bake It! Eat It!	5
	7 Boot Camp	8 Play it! Indoor/Outdoor Games	9 Bike it!	10 Try it!	11 Make it! Bake It! Eat It!	12
	14 Boot Camp	15 Play it! Indoor/Outdoor Games	16 Bike it!	17 Try it!	18 Awards Dinner	19
	21 Boot Camp	22 Play it! Indoor/Outdoor Games	23 Bike it!	24 Try it!	25 Make it! Bake It! Eat It!	26 Fitness Fair 1-4
	28 Boot Camp	1	2	3	4	5 

For more information, please call Centennial Pool at (303) 651-8406 or visit online at ci.longmont.co.us/rec
Daily activities subject to change.
Bring Water Bottle and comfortable clothes, i.e. gym-type clothes