



FITNESS FUN FOR KIDS 6-12 YEARS OLD

Physical Activity Gets Kids Moving!

- Try for 60 minutes of physical activity every day.
- Look for programs and classes that focus on abilities rather than age, since kids mature at different rates.
- School-aged kids can play on teams, as well as participate in individual activities.
- Encourage children to try different activities to find their likes and dislikes.
- Be safe. Use safety equipment, like bike helmets, shin guards, wrist guards and elbow and kneepads to prevent injuries.
- Be active together as a family. Parents are strong role models.



Things you can do with your child:

- Bike
- Hike
- Baseball or softball
- Soccer
- Tennis
- Swim
- Gymnastics
- Basketball
- Kickball
- Walking
- Jog
- Fly a kite
- Skateboarding
- Work out
- Work in the garden
- Play frisbee
- Dance
- Jump rope
- Rake leaves
- Walk the dog
- Wash the car
- Play hopscotch
- Roller/in-line skating
- Play tag, twister, limbo



PLACES TO CALL FOR GROUP ACTIVITIES:

Ask for scholarship information if financial assistance is needed.

Santa Rosa Recreation and Parks:

Finley Center	543-3737
Steele Lane	543-3282

Petaluma Community Center	778-4380
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Rohnert Park Recreation Department	588-3456
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Sebastopol Community Center	823-1511
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Town of Windsor Recreation & Parks	838-1260
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Boys & Girls Clubs

Cloverdale	894-5063	Healdsburg	433-4479
Petaluma	769-5322	Rohnert Park	795-0139
Santa Rosa	542-3249	Sonoma	938-8544
Windsor	838-1959		

YMCA Office	544-1829
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YMCA Gym/Swim Center	545-9622
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Press Democrat: Check the sports section every Tuesday for Youth Sports Information.

Phone Book: Recreation & Parks are listed under City, County and State Government Offices in the light blue front section of the phone book. See the Yellow Pages for Baseball Clubs, Recreation Centers, Soccer Clubs, Swimming Pools—Public, Youth Organizations and Centers for more ideas.

For additional copies of this guide, please visit:

www.sonoma-county.org/health/wic or call (707) 565-6680