



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

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

YMCA Office 544-1829
YMCA Gym/Swim Center 545-9622

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