

NEXT LEVEL

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This program is designed to guide youth in the importance of physical activity, proper nutrition, and positive mind and body connection. We will be hiking, biking, swimming, and cooking. Each day we will explore a new sport, exercise, and create a healthy new recipe. We will learn creative ways to exercise and learn how to measure our fitness progress!

MONDAY- THURSDAY
10 AM - 3 PM
KAPOSIA PARK

www.southstpaul.org

Session	Park/Cost	Discription
NL-1 Monday - Thursday June 13th - 23rd 10 a.m. - 3 p.m.	Kaposia Park \$80	This session we focus on proper movements and form. How do your arms help you run faster, jump higher, and swim farther?
NL-2 Monday - Thursday July 11th - 21st 10 a.m. - 3 p.m.	Kaposia Park \$80	Embrace the outdoors! We will bike on our city trails, hike through Kaposia Park, and swim at Northview Pool.
NL-3 Monday - Thursday July 25th - August 4th 10 a.m. - 3 p.m.	Kaposia Park \$80	Let's explore a variety of team sports - kickball, football, soccer, volleyball, and more