

HSUfit! A physical activity program for youth with disabilities

What is HSUfit? It's a 5 week program focused on fitness, fun, and friendship for children and youth who have disabilities. We provide physical activities in a fun, noncompetitive atmosphere that supports each person in reaching his or her goals. By working alongside skilled HSU students, the program is designed to build friendships, increase self-esteem, improve motor skills and levels of physical fitness while ultimately having fun in a nurturing environment. HSUfit focuses on the whole family by welcoming siblings into the program and providing fitness related opportunities for parents/caregivers to participate in a parallel adult wellness program held at HSU.

Fridays Evenings

6:00-8:00 pm

April 6—May 4

Meet in the lobby of the
Kinesiology Building
(next to swimming pool)

HUMBOLDT
STATE UNIVERSITY

HSUfit

Fitness, Fun, and Friendship

Sponsored by the Department of Kinesiology and Recreation Administration

What activities: Swimming each week, sports skills including basketball, soccer, baseball, track & field, dance and personal fitness

Who is eligible: Any youth with a disability, ages 5-22, and their siblings

Cost: \$25 per child, adult program wellness program is free

Adult wellness program begins on April 13th

How: Register online at <https://tinyurl.com/hsufit2018>

Due by 3/9



For more information call Jayne McGuire, 707-826-3735 or David Adams, 707-826-3378