



**Get up. Get out. Get fit.  
Together.**

# New! Fall FitFamily Fun



Beginning August 30, 2010  
**New! GeoFitFactor**  
Ages 7-8 and 9-12

This new clinic will focus on orienteering with compasses, scavenger hunts, adventure racing, outdoor hikes, geocaching and GPS use. Each age group will meet 2 times per month. Sign up at the Youth Center. Cost is \$15 per child. Other fees may be involved for special trips. 884-6355

**Tentative dates:**

<b>Ages 7-8</b>	<b>Ages 9-12</b>
<b>Mon • 4-5pm</b>	<b>Mon • 4-5pm</b>
September 13	August 30
September 27	September 20
October 11	October 4
October 25	October 18

Tentative Family GeoCaching Trip:  
Saturday • October 23 • 9am-Noon  
Must sign up Fit Family



Beginning September 9, 2010  
**New! Rock-N-Run**  
Ages 5-12

Children will participate in cardiovascular and strength training programs to help improve overall fitness, especially running and climbing. We will focus on tracking miles run and spending fun days rock climbing. We will work together to reach a goal of running in a group 5k run and taking a trip to an indoor rock climbing facility. Sign up at the Youth Center. Registration begins in late July. Cost is \$15 per child per month. Other fees may apply for special trips. 884-6355

**Tentative dates:**  
**Thursdays • 4-5pm**

September 9, 16, 23, 30  
October 7, 14, 21, 28  
November 4, 11, 18  
December 2, 9, 16

Beginning November 1, 2010  
**New! Hurlburt Frisbee Kids**  
Ages 9 and older

This new clinic will focus on learning the game of Frisbee Golf and participating in Frisbee Golf games and tournaments. We will also participate in other Frisbee games and events, such as canjam, ultimate Frisbee, etc. Sign up at the Youth Center. Registration begins in late July. Cost is \$15 per child. Other fees may apply for special trips. 884-6355

**Tentative dates:**  
**Mondays • 4-5pm**

November 1, 8, 15, 22  
December 6, 13

Family Frisbee Golf Day  
Saturday • December 4 • 9am-Noon

Visit us online @ [MyHurlburt.com](http://MyHurlburt.com)  
Current as of: 06/16/10  
Subject to Change without Notice



Year of the Air Force  
Family

