

# Humboldt Fit KIDS

**Purpose:** Humboldt Fit Kids is an inclusive program that allows children to participate in physical activities, that includes swimming with the assistance from a university student.

**Who is Welcome:** Children who experience a disability and their siblings.

**Program Dates and time:**

This is a 5-week program with all meetings taking place on Friday evenings from 5-7 pm. Humboldt FIT Kids will take place on the following dates.

4/4, 4/11, 4/18, 4/25 & 5/9

**Registration requirements:** Humboldt Fit Kids is part of a university program that allows undergraduate students to provide a community service with the oversight from graduate students within the Applied Health who are completing an adapted physical education credential along with a master's degree.

**Location:** All Humboldt Fit Kids sessions will take place within the Forbes Gym and KA Pool. Kids attending will need to bring proper attire to be both physically active in a gym setting and within a pool. Each child will be responsible for bringing their own towel, swim suite, goggles (if needed).

**Event Schedule:** Each Humboldt Fit Kids will occur from 5-7 pm. 5-6 pm will be check in and gym activities (athletic clothing and shoes should be worn), 6-7 pm will be in the pool. All participants are required to bring a towel, swim-suit, and goggles if needed.

**Link for Registration**

<https://shorturl.at/PWhk6>

**Additional Information** Individuals looking for more information can email David Adams at Dha13@humboldt.edu

