



Kids Break

October - December 2019

Natick | 9:00 am-4:00 pm | Ratio: 1:3 | Ages: 12-18

Coordinator: Sarah Ouellette

Morning (9am-12pm) **FITNESS** (Zumba, Yoga & Adaptive CrossFit)
followed by a FUN afternoon (12:45pm-4pm) **community adventure !**

Half or full day option!

October 5th Zumba & Stoneham Zoo

October 19th Yoga & Picnic & Apple Picking at Lookout Farm

October 26th Zumba & Pumpkin Picking at Hanson's Farm
(Painting pumpkins at CRC)

November 2nd CrossFit & Picnic & Corn Maze at Hanson's Farm

November 9th Yoga & Dave and Busters

November 16th Zumba & Whimsy Arts and Crafts

November 23rd Yoga & BeanStalk-Adventure Ropes Course (Reading, MA)

December 7th CrossFit & Enchanted Village-Jordan's Furniture (Avon, MA)

December 14th CrossFit & Gingerbread House Making at Natick CRC

December 21st Zumba & SkyZone

*The cost of this program is funded for residents of the
Newton South Norfolk and Middlesex West areas by DDS.
A bagged and ready to eat lunch is required for full-day
participants.*

No nuts or seafood please!