



# - PRESS RELEASE -

City of Pompano Beach • 100 West Atlantic Boulevard • Pompano Beach, FL 33061

Press Release Date: 10/22/09

Kidokinetics  
Pompano Community Park  
2001 N.E. 10 Street  
November 5<sup>th</sup> to December 17<sup>th</sup>  
Thursdays 5:00 p.m. to 5:45

Looking for a fun way to inspire your child to get up, get moving and get in shape? Kidokinetics is your answer!

Kidokinetics offers programs that teach children to have fun with fitness! The program is designed to develop a life-long love of physical activity, advance coordination, enhance physical fitness and improve self-confidence. Kidokinetics promotes individual achievement in a non-competitive environment with the introduction of over 20 new sports and fitness activities each week for children ages 3 to 8 years.

Classes begin on November 5<sup>th</sup> and run through December 17<sup>th</sup> every Thursday from 5:00 p.m. to 5:45 p.m. in Pompano Community Park located at 2001 N.E. 10<sup>th</sup> Street. Register now at the Emma Lou Olson Civic Center located at 1801 N.E. 6<sup>th</sup> Street.

Registration fees are \$48.00 for residents and \$60.00 for non-residents. Receive a FREE Kidokinetics T-shirt with enrollment.

For more information call 954-786-4111.

**Sandra King**, Public Information Officer • Phone: 954-786-4527

