



BREVARD County
Parks & Recreation Department

Public Information Release

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FOR IMMEDIATE RELEASE
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Brevard County Parks and Recreation Offers New Fitness Initiative for Brevard Youth

BREVARD COUNTY, Fla. – Brevard County Parks and Recreation, South Area, is introducing Fit Kids Physical Education for Homeschoolers, a new program to inspire fitness in youth. This exciting initiative is designed to instill fun and safe physical fitness practices with children while promoting healthy social interaction. Students will participate in weekly classes that will challenge them physically and encourage healthy fitness habits. They will be tested to the standards of the Presidential Fitness Challenge. Each class will include warm up and cool down periods as well as incorporating sports and games. The program will be available at all of the south area community centers, which are located in Melbourne Beach, Micco, Palm Bay and Viera.

Fit Kids Physical Education for Homeschoolers will be available for ages 5 to 12 on Tuesdays from 9:30 a.m. to 11:30 a.m. at South Beach Community Center in Melbourne Beach and Ted Whitlock Community Center at Palm Bay Regional Park, beginning August 30. South Mainland Community Center in Micco will offer classes for ages 5 to 12 on Thursdays from 11:30 a.m. to 1:30 p.m. beginning September 2. Viera Regional Community Center will offer classes Tuesdays and Thursdays from 1p.m. to 2 p.m. for ages 5 to 8 and from 2 p.m. to 3 p.m. for ages 9 to 12, beginning August 30.

The fee for all classes is \$2 per child per hour. All activities are organized and supervised by Brevard County Parks and Recreation staff. For more information, please contact the individual community centers at the following numbers: South Beach: 321-952-3210, South Mainland: 772-663-8748, Ted Whitlock: 321-952-3231 and Viera Regional: 321-433-4891.

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