



GOAL TRAINING

GOAL Training is a **free** physical activity program designed to help kids and teens learn skills and build confidence in physical activity.

You'll be matched with an **IU student coach** in the IU School of Public Health studying exercise science and physical activity. This coach will prepare individualized physical activity plans for you depending on your interests. Each week, you'll go through activity stations, practice new skills, and play games.



WHO:

Kids ages 7-15

WHEN:


Wednesdays
6:30-7:30pm
April 2 - April 30

WHERE:

Banneker Community Center
930 W. 7th Street Bloomington, IN

QUESTIONS:

Please reach out to the program manager, Cheryl Kilmark, to register or ask any questions that you have!

 812-509-5384

 ckilmark@iu.edu