



Weekly Themes

Themed activities give children something to look forward to each week, ensuring a component of physical activity, creative expression, and nutrition.



Who: K-5 Kids

When: T, W, F 3-5PM

Where: Dallas Hill Road, RRHV (in back of Rangeley Family Medicine)



What to Bring

- Water bottle
- Snack (CIA will provide daily snack that follows the 5-2-1-0 guidelines nutritional guidelines)
- face covering/mask
- necessary outdoor attire (jacket, gloves, hat, etc).
- sneakers

Daily Schedule

3:00	Drop Off
3:00-3:30	Check-In Activity
3:30-5:00	Daily Activity
5:00	Pick Up

5-2-1-0 Nutrition Program

- 5** or more Fruits and Veggies
- 2** hours or less of recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water



Children learn best by doing.

In the updated and improved CIA program this year, we will hold activities focused around physical activity, engagement with the outdoors, creative arts, and learning about healthy food habits.

Becca Trayner, the new program coordinator, has created a new framework that will teach children to develop the tools they need to grow individually and as part a group, promoting independence to learn how to make choices that benefit both physical and emotional health.

COVID-19 Details

- Masked at all times, unless exercising outdoors.
- Children must maintain a 6 feet of distance from one another at all times.
- Each child will be provided their own materials and equipment.
- their belongings will be spaced out upon arrival to ensure a safe distance.

How to Register?

ONLINE: www.rhwp.org registration form

IN PERSON: pick up/drop off form at front desk of Rangeley Fitness Center.

Contact Becca Trayner, our new program coordinator, at Becca@rangeleyhealthandwellness.org for more information!



Children In Action

Physical Activity
Creativity
Health and Well-Being

