



The CrossFit Westborough Kids program is a strength and conditioning program specifically designed to help kids and preteens, from ages 9-12, develop a lifetime love of fitness. CrossFit Kids is not a scaled down version of CrossFit. It is CrossFit geared towards and designed with the child in mind to help strengthen their neurological, cognitive and motor skills.

At WCF Kids, our primary goal is to make exercise fun! All of the movements are taught safely and effectively under the close supervision of our professionally trained CrossFit Kids trainers, whom all have extensive backgrounds working with children. Our trainers primary role is to make fitness fun while helping the child to move faster, safer and more efficiently. Each class includes a warm-up, skill work, followed by the WOD (Workout of the Day) and then ends with a fitness related game.

In addition to increasing overall athleticism, our WCF Kids program will help your child gain more self-confidence, instill in them a healthy, positive body image, teach how to move properly and avoid injury, and school them in life skills such as concentration, problem solving, discipline, perseverance, dedication and motivation. By involving your child in our program they will be avoiding common problems associated with childhood inactivity and obesity.

WCF Kids classes are held Mon/Wed/Friday at 4:30pm

Our enrollment is ongoing and rates are month to month EFT with a 14 day notice to stop or hold. Membership can be combined with CrossFit Teens.

Member Pricing (per month):

- 1 child \$75 (\$50 for each additional child.)

Non Member Pricing (per month):

- 1 child \$100 (\$75 for each additional child)

Must have EFT on file

Email our CrossFit Director, Cyndy Bohn, at cbohn@wtsc.com with any questions.

