HFA is a five-week program designed to improve the overall fitness of your child. Your child will be given the opportunity to learn exercise skills that can be used for a lifetime in a FUN environment with guidance from trained and knowledgeable instructors. Performing these skills will build your child’s confidence in exercise and will make it easier for your child to continue exercise to adulthood. Session activities will include medicine balls, kettlebells, weighted bars, plyometric exercises, and much more!

Age Ranges and Cost
5 – 10 years old
2 days a week: Total fee: $225**

**Scholarships to cover $175 of the $225 fee during the 2017 sessions are available.**

A generous donor has provided funding to be used to advance the discipline of physical education at KU through targeted programming and initiatives which directly engage school-age children and youth in physical activity. Funded programs and initiatives will be targeted to students and teachers at the elementary, middle and high school levels both during and outside the regular school session. Future camp costs are subject to change.

Locations and Frequency
Tuesdays and Thursdays
KU Lawrence, Robinson Center, Rm 248. 1301 Sunnyside Ave. Lawrence, KS.
KU Edwards, Regents Center, Rm 4. 12600 Quivira Rd., Overland Park, KS.

2017 Summer Session Dates
Session 1: May 30th – June 29th.
Session 2: July 11th – August 10th.

2017 Summer Session Times
KU-Lawrence 9:00 - 9:50am.
KU-Edwards 11:00 - 11:50am.

Email hawkfit@ku.edu or Register Today at Hawkfit.org!