



KIDS ENJOY EXERCISE NOW  
greater dc

# December 2008

KEEN Hotline: 301.770.3200

[www.keengreaterdc.org](http://www.keengreaterdc.org)

[info@keengreaterdc.org](mailto:info@keengreaterdc.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Swim (MC) Dolphins: 8:45 – 9:45 Seals: 9:45 – 10:45
7 Fit 2:00 – 3:00 Sports 3:15 – 4:30 Adult Family Fit 3:15 – 4:15	8	9	10	11	12	13
14	15	16	17	18	19	20 Swim (MC) Otters: 8:45 – 9:45 Manta Rays: 9:45 – 10:45
21 Bowling 1:15 – 2:30	22	23	24	25	26	27
28 Holiday – No KEEN Programs	29	30	31			