



KIDS ENJOY EXERCISE NOW
greater dc

November 2007

KEEN Hotline: 301.770.3200

www.keengreaterdc.org

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------|-----------|----------|--------|--|
| | | | | 1 | 2 | 3 Sports (DC) Kids: 12:00 - 1:15 Teens: 1:30 - 2:45 Tennis: 1:00 - 2:00 |
| 4 Kids Sports (MC) 12:15 - 1:30 1:45 - 3:00 | 5 | 6 | 7 | 8 | 9 | 10 Swim (MC) Otters: 8:45 - 9:45 Manta Rays: 9:45 - 10:45 Swim (DC) 9:15 - 10:00 |
| 11 Teen Sports (MC) 12:15 - 1:30 1:45 - 3:00 Kids Music 12:30 - 1:30 1:45 - 2:45 Teen Club 3:15 - 4:30 | 12 | 13 | 14 | 15 | 16 | 17 Sports (DC) Kids: 12:00 - 1:15 Teens: 1:30 - 2:45 |
| 18 Kids Sports (MC) 12:15 - 1:30 1:45 - 3:00 Teen Music 12:30 - 1:30 1:45 - 2:45 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 Holiday - No KEEN Programs | 26 | 27 | 28 | 29 | 30 | |