

## Fit N Fun Program:

Program: an after-school, fitness, nutrition and obesity-prevention program for children and families funded through a grant from CareFirst that is held in five after-school centers in the Baltimore Metropolitan area.

### Basic Duties/Requirements:

- Implement pre and post-test fitness assessments and attitudinal surveys
- Implement a strategic fitness education curriculum aimed at making short-term and long-term fitness gains
- Help plan and attend and actively participate in special family-focused events
- Develop and maintain professional relationships with participants, parents, and other staff

Time commitment: 3 days per week; 6-10 hours per week

### Contact Info:

Neil Dembeck

Fit N Fun Director

**Y of Central MD**

600 West Chesapeake Avenue

Towson, MD 21204

Tel: 410-823-8870 ex. 250

Fax: 410-823-0744

[neildembeck@ymaryland.org](mailto:neildembeck@ymaryland.org)

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