

Be wise, exercise! Free Summer Youth Fitness Program

July 10, 2018 by Maureen Dahill



The South Boston Leadership Initiative is hosting a 7-week Summer Fitness Program at Farragut Park (and surrounding areas). Meet every morning – Monday thru Thursday – outside of the Murphy Rink and participate in activities like sport-specific weight training, cardio, flexibility, and nutrition.

The program is FREE and open to anyone between the ages of 12-18.

7 weeks (July 9th-August 23rd)

Monday through Thursday

Group 1: Ages 15-18 (7:30am-8:30am)

Group 2: Ages 12-14 (8:30am-10:00am)

Thanks to the South Boston Leadership Initiative, Save the Harbor/Save the Bay and the DCR, this program is FREE for all South Boston residents!

[You can register here!](#)