



Kids Programs

Something for the whole family!

Camps, Classes, and Special Kids events!

Lessons, training programs, and camps open to non-members and members.

We also feature on-site supervised child care and programs so your kids can be active and happy while you work out!

Worcester Fitness is proud to offer a uniquely designed assortment of programs, events, and educational opportunities for kids and teens.

Starting children off early with exposure to not only fitness and health but also the strong social environment of Worcester Fitness will help them for years to come!

Questions about Worcester Fitness Kids Programs?

Contact Katherine Butterfield - kat@worcesterfitness.com



Worcester Fitness Swim Academy



Vacation Camps



Birthday Parties



Kid's Night Out



Girls emPOWERED