



## FAMILY FITNESS FUNDAY: PAALS! Sunday, October 14th, 2018 - 10a – 11a



Please join us on October 14<sup>th</sup> for our first Family Fitness Funday of the school year! Family Fitness Fundays are sponsored by the Wellness Council of the Parents Association and are intended to offer a chance for family exercise and fun! (and bagels ☺)

PAALS: Physical Activities And Life Skills, an organization dedicated to enhancing the physical, emotional and social well-being of children, is excited to team up with PS196 for this Funday.

You'll test your balance as you try walking across balance pods and test your childhood skills while you play all sorts of unique and familiar games with hula hoops and jump ropes. The best part is that you'll be engaging in a wide range of physical activities alongside your children.

Please wear comfortable clothing and sneakers, and head on over for a great active morning.

Children, parents, grandparents, caregivers – all are welcome! Cost is \$5 per person, suggested.

The fitness class will be from 10a-11a in the PS196 gym.

(Please join us and then also visit the Bookswap that will be happening starting at 11:30am that morning!)

**Space is limited - please RSVP by Wednesday, October 10<sup>th</sup>**

**PLEASE register online at [www.pa196.org/PAALS.html](http://www.pa196.org/PAALS.html)**

OR

Please complete the information below and return, with your payment of \$5 per person (cash, or check made out PA of PS196), in an envelope labeled Fitness Funday

Name of participant & Age/Class (if child) email

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

If you have any questions, please email [Wellness196@gmail.com](mailto:Wellness196@gmail.com)