



Before School Program  
2019-2020  
Ridgewood Elementary  
Every Monday Morning

**Fun & Play Matter!**

**Facts:** Our Kids are sitting more and moving less. One-third of our children are obese and suffering major health problems. This number is predicted to grow to 46% by 2030.

**All Kids Are Welcome**

- You work and want to have your child in a safe and active after school program
- Kids in sports and you want to keep them moving on non-practice days
- Kids not in sports and need more play and activity time

**We Also Offer**

Full-day camps on teacher-in-service and furlough days. Also, winter and spring break camps. Your child will be taken care of with full adult supervision and activities - no leaving them home alone or finding alternate care.

**Play. Fit. Fun! is the answer!**

**The Place To Be For Games! Play! Fun! Activity! & Fitness!**

**Day/Hours:** Every Monday morning 7:40am - 8:15am. Kids will have fun being active and then go to class with their eyes wide open, ready to concentrate and learn!

**Your child will enjoy:** Structured Curriculum by experienced Play. Fit. Fun! coach and instructor Spencer Rubin. Activities will be organized, uplifting, empowering and 100% focused on the kids!

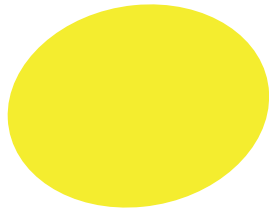
**Organized activities & challenges will include:** Active games, agility movement & Active Play! This is P.E. crashing into Field Day

**Goal for your child:** Increased fitness levels, improved self esteem & image, teamwork, imagination, focus, confidence, leadership and a positive attitude!

**Play. Fit. Fun! Philosophy:** Kids of all ages, abilities & sizes need more activity, fun and play! Kids are meant to play and move! With play and group activities kids learn, socialize and build confidence. In today's world our kids are sitting more, playing and moving less. Play. Fit. Fun! can turn your child's activity level around for a healthier life. We are about playing with fitness in mind and learning to have fun being active. It's that simple! Your child will be empowered, supported, and instructed.

For additional information, please visit: [playfitfun.com](http://playfitfun.com)

**Play. Fit. Fun!** Call or email and allow us to answer any questions:  
**971-732-4745 • [spencer@playfitfun.com](mailto:spencer@playfitfun.com)**



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