



After School Program
 2019-2020
 Cedar Mill Elementary
 Every Tuesday Afternoon
 3:00pm - 4:00pm

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
- You're an at-home parent, and you want more activity and social interaction for your child

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

After School Program: Your child will meet their Play.Fit.Fun. coach immediately after school in the gymnasium. Kids will have fun being active and then finish their day with renewed energy and focus.

Play.Fit.Fun. is like PE that has crashed into field day and then bumped into team building! Activities are organized, uplifting, empowering and 100% focused on the kids! Fun, Organized, ACTIVE Play is what we do!

Goal for your child: Increased fitness levels, improved self esteem, teamwork, 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. We are about playing actively and learning to have fun while on the move. Your child will be empowered, supported, and instructed.



Play. Fit. Fun is the answer!



**Get up
 Get out
 Get moving!**

**For additional information, please visit: playfitfun.com
 971-732-4745 • spencer@playfitfun.com**

Scholarships Available

\$14/week

Are you new to our program? Then check us out with your first class FREE!

