



Get up. Get Out. Get Moving.

**Before School Program**

2019-2020

**Conestoga Middle School**

Every Wednesday 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

- All age/grade levels! All kids of all interests and abilities. This program is for all kids!!
- Kids who participate in sports outside of school love our program because it offers a different kind of FUN that is often missing from traditional sports
- Kids not in sports and need more play and activity time.

### We Also Offer

Full-day camps on teacher-in-service and furlough days.

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



Get up  
Get out  
Get moving!

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

**Day:** Every Wednesday morning 8:00am - 8:45am. Students will have fun being active and then go to class with their eyes wide open, ready to concentrate and learn!

**Play. Fit. Fun** is like PE that crashed into field day and then bumped into team building! Activities are organized, uplifting, empowering, and 100% focused on your students!

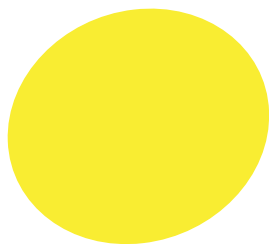
**Your student will enjoy** structured curriculum by Play. Fit. Fun coach, Spencer Rubin. Activities are specifically designed for the middle school age group!

**Goal for your student** 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, and 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, and playing and moving less. Play. Fit. Fun! can turn your student's activity level around for a healthier life. We are about playing with fitness in mind and learning to have fun while being active. It's that simple! Your student will be empowered, supported, and instructed.



For additional information, please visit [playfitfun.com](http://playfitfun.com) or call us at **971-732-4745** and allow us to answer any questions



**ENROLL NOW FOR FALL CLASSES!**  
*Only \$95 Per Trimester!*



Get up. Get Out. Get Moving.

[playfitfun.com](http://playfitfun.com) • 971-732-4745 • [spencer@playfitfun.com](mailto:spencer@playfitfun.com)