



Get up. Get Out. Get Moving.

**Before School Program**

2019-20

**Mountain View Middle School**

Every Friday 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/Hours:** Every Friday 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!

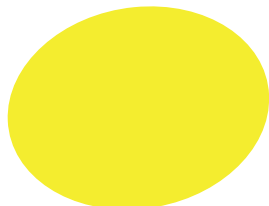
**Goal for your student** Increased fitness levels, improved self esteem & image, teamwork, imagination, focus, confidence, leadership, and a positive attitude!

**Play.Fit.Fun Philosophy** Kids of all ages, abilities & 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 student'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 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 THESE FREE CLASSES!***



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