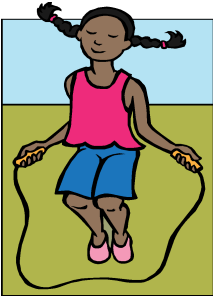


14th Annual Elementary Family Fitness Night



*Tuesday March 5, 2019
6:00 - 8:00pm
Pulaski Middle School*



Bring the entire family.....

Our intended audience is elementary age students, but everyone in your family is invited to participate. Come enjoy some fun physical activities organized and led by the Pulaski District Elementary School Physical Education Teachers

You can participate in:

- **Swimming** - The Pulaski Pool will be open for family swim from **6:00-7:30**. You must use the pool locker rooms. Bring your suit & towel. Children ages 7 and under must have an adult **in** the water with them. Come make a splash!
- **GaGa Ball** - Are you ready to challenge your dodging & striking skills in a confined space? Join *Mr. Bogacz*, Glenbrook Physical Education Teacher in the auxiliary gym for this fast-paced activity.
- **Right on Target** - What kind of accuracy do you have throwing a football or baseball? How about shooting a hockey puck? Take this opportunity to highlight your skills. *Mr. LaFave*, Hillcrest & Fairview Physical Education Teacher will get you started.
- **Fitness Obstacle Course** - *Mr. Wendorf*, Sunnyside Physical Education Teacher will guide you through a series of obstacles designed to challenge your running, jumping and footwork skills. On your mark, get set, GO....to the main gym!
- **Just Jump** - *Mr. Wright*, Lannoye & ABVM Physical Education Teacher will have a “whole lotta jumping going on” in the main gym. Choose from short jump ropes, long jump ropes, spin jumpers, stretch jump bands & Chinese jump ropes...come try them all.
- **Yoga** – Come to the PCMS library to learn the basics from *Amanda McAllister*, Glenbrook second grade teacher and certified instructor at The Yoga Hut. There will be three – 30 minute sessions: 6:10-6:40, 6:50-7:20, and 7:30-8:00. Relaxation awaits!

Don't forget to wear your sweat-pants and tennis shoes so you can safely participate!

**For additional information, contact your child's Physical Education Teacher
Please enter by the Pool Doors...SEE YOU THERE!!**